

MENON FITNESS SYSTEMS

Coaching Guidelines:

Namaskar, Welcome to Menon Fitness Systems!

Menon Fitness Systems is a set of systems that helps define a healthy lifestyle. It's not about coaching, it's not about training plans, it's about the journey of living your life to your full potential. The most important mission in the Menon Fitness coaching process is to ensure trainees achieve their goals, injury free and at the same time enjoy their workouts and races. We believe in using the latest and greatest training techniques, nutrition and equipment standards to get the best out of our athletes. Your commitment to the program is equally important to achieve your goals. To partner together professionally, we want you to be familiar with the following guidelines.

Terms of Coaching:

Coaching is a process which will be for a minimum period of six months initially. We start off by defining Events and Goals you would want to achieve during the six-month training period. These Events and Goals are updated by the trainee in the training app/website (currently Training Peaks/ Today's Plan).

Approach:

We follow a Goal based and pace-based approach and currently use [TrainingPeaks/ Today's Plan](#) as our online training site.

TrainingPeaks/ Today's Plan then becomes the single source of information for us. All workouts are assigned to you via TrainingPeaks/ Today's Plan which also has a mobile app. You can access all your workouts using the TrainingPeaks/ Today's Plan mobile app too.

Workouts:

The workouts are divided into four sections: Yoga, Strength and Conditioning (S&C), Postural Correction (E-cise) exercises and Run/Bike/Swim workouts. Yoga, E-cise and S&C workouts have YouTube video links to explain each exercise. We measure your progress through MAF and Time Trial tests on a periodic basis.

This program is divided into five phases:

1. Build Phase
 - a. Duration: X Weeks (subjective to the plan)
 - b. Aerobic long runs.
 - c. MAF test to check aerobic capacity
2. Specific Preparation Phase
 - a. Duration: Y Weeks (subjective to the plan)
 - b. Focus on strengthening specific muscle groups.
 - c. Time Trial to check Threshold Heart Rate and Threshold pace/ Critical Speed
 - d. Pace specific long/short workouts based on Levels identified
3. Pre-Competition Phase
 - a. Duration: Z weeks (subjective to the plan)
 - b. Race specific workouts
 - c. Dial in nutrition and hydration strategy
 - d. Time Trial to check Threshold Heart Rate and Threshold pace/ Critical Speed
 - e. Execute 'B' and 'C' races
4. Competition Phase
 - a. Duration: 3 weeks

- b. Threshold/Critical Speed based workouts
- c. Race day planning and execution
- 5. Recovery Phase
 - a. Duration: 2 weeks
 - b. Active recovery
 - c. Set base for the next event

Data Sync:

If you are using a GPS watch like Garmin or TomTom, your workouts can be synced directly to TrainingPeaks/Today's Plan using simple one-time access steps. Some versions of Garmin watches also support structured workouts that can be directly synced with your watch's calendar.

Goals, Events, Paces:

In order to proceed further we need to define your events, goals and paces for your run, swim and cycling workouts.

Events:

Planning Races (A, B, C). Along with distances and targeting times.

Race A- This is the race you have been training for

Race B – To test your training results. The progress you make so that the Race A is an achievable target

Race C – These are the runs where you don't put in your 100% effort

The C races should be first followed by B races. Always better not to plan B races in the early stages of the training

Goals:

Race specific and Individual goals. For e.g. Complete my first Marathon in xxx time. Reduce body fat percentage from x% to y%.

Pace Goals:

Setting Marathon Goal Pace, 10K Pace, 5K Pace, 1-mile Pace and MAF Zone based on your Threshold pace/ Critical Speed calculated from Time Trial

Weekly Summary

The trainee will summarize the weekly training progress in Training Peaks/Today's Plan. The coach will review and provide feedback based on the weekly summary.

Nutrition:

Customized nutrition based on ayurvedic principles and individual health profile will be provided by an experienced nutritionist.

Training Camps

Training camps will be organized by Menon Fitness Systems for groups belonging to specific cities.

The camp cycle and duration will be discussed and agreed upon in the specific groups.

All training camps are group specific.

Connects

Trainees can connect with respective coaches assigned to them by Menon Fitness Systems on fortnightly basis. The onus of setting up a connect is with the trainee. The connect should not exceed more than 30 minutes. The medium of communication can be decided by the coach and trainee.

Trainees can also attend Ask My Coach sessions that will be setup based on the availability of the coaches.

Video Analysis:

Trainees can send form videos of respective disciplines to their coach for analysis. Coach will provide feedback within 10 days of receiving the videos. The trainees must take the onus of shooting the videos on a monthly basis. Only one video per discipline per month per trainee is allowed for analysis.

Bike Fit:

Bike fit is not part of the coaching fees. It will be charged separately.

Fees:

Coaching fee is payable to Menon Fitness Systems bank account for six months. The fees for six months, quarterly and monthly are different. If a trainee wishes to pay monthly the fees will be higher than compared to quarterly or six-monthly. The amount will be intimated by accounting staff of Menon Fitness Systems based on trainee request. If the trainee wishes to discontinue the training, the trainee must intimate the coach/accounting staff a month prior and not when the billing is done, or the training plan is applied.

This fee does not include training camps organized in any city. Trainees must pay for these camps individually as agreed by the group to which they belong.

Late payment charges will be added if they payments are not done within 10 days of the billing. If the trainee wishes to discontinue in the middle, the fees paid is not refundable.

Please note that a "month" may not always correspond to a calendar month, but refers to one set of coaching, that usually takes about a month to complete.

Coaching Agreement

Coach

I agree to serve as your Coach - to partner with you to identify and achieve your goals that will help you realize your true potential.

As your Coach, I cannot guarantee results. You will create powerful results by adhering to the three Cs (Commitment, Consistency and Communication).

As a coach I will create monthly training plans that will enable you to comply, perform and recover efficiently. You can review the plans and provide your feedback. Modifications to the plan will be done only in the first 10 days of the application of the plan.

As a coach, I will review your weekly summary and provide feedback or modify the workouts.

I am a Coach, not a psychotherapist or physician, and I am not trained in diagnosing psychological or medical conditions. If any issues come up for you that should be handled by a licensed therapist or physician, I insist that you must attend to your health by contacting the appropriate professional.

As your Coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, acknowledge your wins, and guarantee utmost confidentiality (to the fullest extent of the law, and so long as I don't fear for your or another's safety) in the powerful, sacred relationship.

Client

I am motivated and committed to acting on my goals and comply to the training plan assigned to me. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from Coaching.

I am under the care of a physician and healthy enough to engage in coaching.

I will disclose my health issues and share my medical reports before starting training program.

I will provide weekly summary on time so that my coach can review and guide me based on my feedback.

I will refrain from consuming alcohol or tobacco during my training period and am aware of the impact it has on my health.

I will not consume any alcohol or tobacco two weeks before a Race and till two weeks after a race.

I agree to honour my scheduled session times.

I understand that all training plans, videos, audios and documents are copyrighted by Menon Fitness Systems Pvt Ltd. I will not indulge in wrongful distribution of the same

I have read and agree with the Coaching Guidelines and the Coaching Agreement.