



6 UCI World Cup DH Championships & 2 Enduro World Series Championships.
Our results speak for themselves.

2018 – 2019 Elite MTB Training

PerformX Elite MTB Training is specifically designed for mountain bike athletes who are committed to developing their highest levels of physical and mental performance. It is an in-depth season long service for those who require the highest standards in fitness, nutrition, and mental development. Details as follows:

1. Initial Bio-mechanic assessment, fitness testing, and routine instruction:

- Bio-mechanic assessment:
 - Mobility/range of motion.
 - Optional (if on location):
 - Function Movement Screening.
- Fitness testing:
 - Strength and stamina test.
 - HR recovery test.
 - Optional (if on location):
 - Power Breathe testing.
 - Wahoo wattage testing.
- Routine instruction:
 - Overview of Routines 1 – 8.
 - Including:
 - Dynamic Reflex Exercises.
 - Static Strengthening.
 - Progressive Power Loading.

Note: If on location, it is recommended to spend 2 – 3 days with Todd on location (choice of Squamish, British Columbia, Canada or location of choice; either at the expense of athlete/s). If not on location, there are options to work remotely (via Skype and video support).

2. Strength and Conditioning:

- 11 scheduled routines.
- 9 phases of pre-season development:
 - Routine 1A, 1B, & 1C: Bio-mechanic Balancing
 - Routine 2: Dynamic Reflex
 - Routine 3: Foundation
 - Routine 4: Strength – Part 1
 - Routine 5: Strength – Part 2
 - Routine 6: Power – Part 1
 - Routine 7: Power – Part 2
 - Routine 8: Specialized
 - Routine 9: On-season maintenance

3. Cardiovascular:

- 10 scheduled routines.
- 8 phases of development:
 - Routine 1A, 1B, & 1C: Base – Phase 1
 - Routine 2: Base – Phase 2
 - Routine 3: Stamina and Endurance
 - Routine 4: Strength – Phase 1
 - Routine 5: Strength – Phase 2

 - Routine 6: Maximum Power / Lactate Threshold
 - Routine 7: Specialized
 - Routine 8: On-season maintenance

4. **Nutrition guidance and plan:**
 - Assessment/analysis.
 - Detailed plan.
 - Specialized needs.
 - Race performance.

5. **Mental fitness:**
 - Analysis
 - Goal setting.
 - 'The 5 Steps To Improved Performance'.
 - 'Building Blocks'.

6. **Optional – UCI World Cup Series and World Championship race support:**
 - Therapeutic/injury support.
 - Nutritional and supplementation.
 - Race preparation/PNF.
 - And more.

To get the most from your physical and mental performance, you must also acknowledge the importance of the following:

- **Determination:** The willingness to do what it takes.
- **Discipline:** Willpower, hard work, and persistence.
- **Dedication:** Remaining devoted to your goal.
- **Desire:** The flame that burns inside you. What motivates.
- **Commitment:** The pledge to do things.
- **Communication:** To be in contact, and to speak open and honestly.
- **Organization:** To improve time management, completion of tasks, and increased focus/clarity (decrease of chaos).
- **Behaviour:** The way one acts or conducts themselves, especially towards others.
- **Mental Focus:** Centering one's thoughts and actions.
- **Intelligence:** The ability to acquire and apply knowledge and skills.
- **Trust:** A firm belief in the reliability, truth, ability, or strength of someone or something.
- **Attitude:** Stay mindful, positive, happy, and thankful!

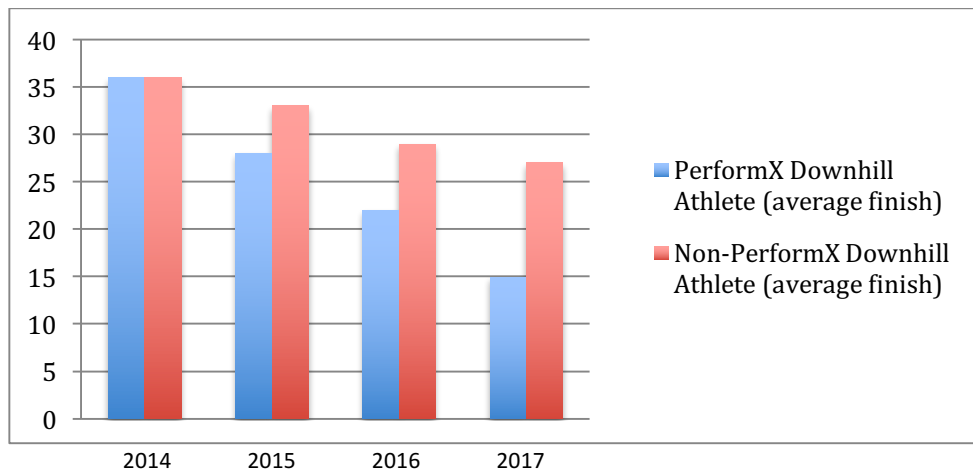
"If you believe in these qualities, and are willing to apply them, then you will gain the most from this training.

There are obviously other details that are important in the development of your performance as well, such as on-bike practice, equipment, and more, but I am here to assist where I am qualified and experienced. Fitness, nutrition, and mental guidance.

Before you commit, make sure you are someone who enjoys the journey as much as the destination. Achieving 'your best' does not happen overnight. Elite level physical and mental performance is achieved over years of development."

Sincerely,
Todd Schumlick
PerformX

PerformX 'Elite MTB Training' statistics (2014 – 2017):



Addition training details:

- All Initial Bio-mechanic assessment, fitness testing, and routine instruction is included in 2018 – 2019 PerformX Elite MTB Training cost. If travelling on location to Squamish, British Columbia, transportation to/from Vancouver airport is available (at no charge, contact for details). Otherwise, athletes are responsible for Todd's travel expenses if traveling to selected location (contact for details).
- All athletes are responsible for gym fees during all consultations and re-consultations.
- All 'one-on-one' program progress report reviews, via Skype or phone, must be scheduled in advance.
- Subscription to 2018 – 2019 PerformX Athlete Newsletters. Covers various topics ranging from training, nutrition, mental, and other ongoing performance research.
- **Recommend training start: October – November (depending on season start / contact to review).**

Cost:

- 2018 – 2019 Elite MTB Training: \$4000.00 CAD + GST/HST (12% tax) = \$4480.00 CAD.
- Additional cost details:
 - 50% of fees due prior to training start. 50% (remainder) of fees on or by Mar. 1/19. 10% penalty for overdue fees.
 - No refunds and/or credit for any reason or default (including injury, illness, stop of competition, etc.).
 - Additional 'one-on-one' assistance is available (at a charge). Contact Todd for further details.

**IN LIFE, YOU DO NOT GET WHAT YOU WISH FOR.
YOU GET WHAT YOU WORK FOR.**

PERFORMX
BATTLE PREPARED

