



The Art of Coaching

Presented by
Absolute Motion



INTRODUCTION

We have been guiding athletes to become the best versions of themselves since 1999 and during this time we have seen and been a part of the evolution of the science that forms the backbone of the coaching process. So, why not call this program “The Science of Coaching”? Well, something that we come back to time after time is that humans are not machines and definitely not science experiments. As humans we have unique and ever changing needs and emotions and understanding this, together with what science is offering us, is an art.

Welcome to *The Art of Coaching* -

a coaching course presented to you by Johann Wykerd, founder and head coach at Absolute Motion.

Read more about Absolute Motion [here](#)



This course is for you if:

- You have a passion and desire to make a positive difference to people around you through the bike.
- Your target client is 13 years and older.
- You are comfortable using technology.

What you need:

- To have completed the [TrainingPeaks Complete Essentials course](#) (it's a free course)
- TrainingPeaks Coach account.

The Art of Coaching modules:

1

- Introduction
- Training Tools & Jargon: Heart Rate, Power, RPE, Indoor training and racing, Strava
- All the legal issues
- High level philosophy of the coaching journey
- Training Plans vs Personalised Coaching
- Revisiting Training Peaks
- Q&A

2

- Understanding energy systems
- Nutrition basics
- The importance of lactate
- Testing
- Cross Training
- Q&A

3

- Understanding the athlete
- Annual Training Plan
- Ramp Rate & Recovery
- Workout Library
- Building your 1st Training Plan
- Q&A

4

- Putting it all together
- During this session you will be compiling training plans and personalised coaching solutions based on a couple of different scenarios.
- Q&A

5

- The business of coaching
- Communication
- Marketing
- Invoicing
- Training Plans
- Etc.
- Q&A

The details:

- 5 Modules over 5 weeks
- Tuesday evenings @ 18H00 - duration +- 90min
- Starting Tuesday 11 March, ending 15 April
- Cost: R3000

We are excited to share what we have learned about coaching during the last 20+ years with you! To enroll, click [here](#)

Please reach out to us should you have any questions:

Johann: life@absolutemotion.co.za / +27 82 857 3735

Frances: frances@absolutemotion.co.za / +27 63 140 2932

#passion4potential