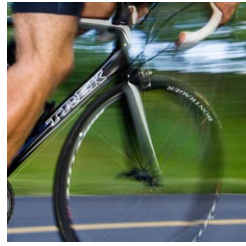




VISION QUEST TRAINING PROGRAM



Need help getting prepared for your upcoming Trek Travel trip? *Vision Quest offers custom training plans that will get you ready to tackle your trip with confidence. The coaches consider the amount of hours you can train per week, what you need to focus on based on your goals and milestones you need to hit in order to achieve them. They develop a detailed write up and training plan just for you!*

THE PERFECT WEEK

After years of riding and training with the world's top coaches, as well as coaching professional athletes himself, founder Robbie Ventura has pared the training process down to The Perfect Week.

- With your fitness baselines in mind, your coach will develop a customized week of training for you.
- Your initial consultation provides an hour of one-to-one interaction with an Elite Level coach.
- Your Performance Fitness Test will provide the proper evaluation of your current fitness levels.
- During your consultation, your Vision Quest Coach will review your cycling experience and test results, and discuss your goals.



TREK TRAVEL



Please call Vision Quest directly at 877.851.8787 or visit www.visionquestcoaching.com and mention your Trek Travel trip to sign up for *The Perfect Week* or any other training packages.

COST: \$100 PER PERFECT WEEK

Looking for full coaching? Vision Quest can do that, too! Please feel free to contact Vision Quest at 877.851.8787 with any additional questions.

