

360cycling  
coaching has  
really helped me  
to make big  
improvements on  
the bike since I  
started with them  
one year ago.





- My season as a second year junior was not as successful as I had hoped for so going into U23 category I made the change to 360 coaching.

- Straight away they helped me understand my strengths and weaknesses and what training I needed specific to me.



- By keeping in regular contact with my coach through feedback on TrainingPeaks, messages and calls
- I have learnt about why I do certain training sessions and the benefit that it will bring.
- This only strengthens my confidence in the coaching.





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- After only a few months with 360, I started to see the benefit of their coaching as at the very start of the season I was able to get onto the podium of the well-respected Eddie Soens race and manage a top 15 in my first Nat A race with the best in the country.



- I can't recommend 360coaching enough!
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- As they have helped me get the results I've been looking for this year whilst.....

- Also looking to the future so that I can keep improving.

