



Coach Mentorship Program

- Three Month Program — with 6 USAT CEU's
- 2 x Monthly Webinars
- 2 x Monthly Coaching Group Discussions
- One to One Discussions between Coach & Mentor
- Support Materials, Training Peaks Libraries, Plans and other Coaching Materials
- Optional In-person Coaching Clinics/Camps for Learning Practical Coaching Skills.— Video Analysis, VO2max Testing, Lactate Testing
- \$145 per month + your first month is free



With—USAT Level 3 Coach
Justin Trolle



As part of the program you will have access to world class coaching and world class athletes. I am open with my sharing of training plans, new training concepts and everything I do in the development of Elite, Para, AG and junior athletes.

The program is guided and lead by me as your personal one to one instructor.

My primary focus is on helping you turn your coaching goals into manageable steps to help you quickly and effectively increase your coaching knowledge, skills and confidence. While also creating a pathway to get to the level of coaching you choose within the athletic community you want to coach.

Not all coaches want to work with elite athletes, but regardless of what groups of athletes you choose to work with we can help.

As part of this program, you will have access to the support materials and systems I use to work with my athletes daily, as well as training data and metrics from some of the best athletes in the country. — Justin Trolle

<http://vanguardendurance.com/mentorship/>