

Online Booking Forms and Personal Questionnaire

Complete the form below with your required services and then proceed to complete the personal questionnaire. If you have any questions or queries please do not hesitate to contact us, similarly if you want to book your session in advance please phone or email.

Section 1: Order Form

Services	Time Allowance	Standard Price	Discount Price	Order
TRAINING PLANS				
ONE OFF training plan covering up to three months	3 month prog	£90	NA	<input type="checkbox"/>
Basic Coaching Programme (Bronze) : two progressing training plans normally covering up to six months designed to help improve fitness and prepare for a specific event or goal - minimal personal support	6 month prog	£160	NA	<input type="checkbox"/>
FULL COACHING PACKAGES : 6 months or 12months with fitness assessment and personal coaching support included. <i>DD payment available or get one month's coaching free by paying in full up-front</i>	6month progs at 65% fee			<input type="checkbox"/>
Silver package : basic coaching package with bimonthly reviews of training, three fitness assessments and 3hrs 1-2-1 coaching support	12months coaching plus 6hrs 1-2-1	£450 (via DD) or £420 as one off	NA	<input type="checkbox"/>
Gold annual package : as silver but with far greater 1-2-1 contact on a regular monthly basis (other time options to suit can be arranged)	12 Months plus approx 9hrs 1-2-1	£740 (DD) or £685 as 1 off.	NA	<input type="checkbox"/>
Platinum annual package everything the gold programme offers but with almost unlimited access to your coach via phone, email or 1-2-1 sessions. Fortnightly updates to coaching programmes plus regular testing and debriefing	12 Months coaching plus regular support	£1250 (DD) or £1150 as 1 off.	NA	<input type="checkbox"/>
SET-UP & FITNESS ASSESSMENT				
BIKE SET-UP : optimise your riding position, spec out your new frame and bike	1 hr plus written spec	£65	£40	<input type="checkbox"/>
Fitness Assessment and prediction of training levels including report	1 hr plus written report	£75	£40	<input type="checkbox"/>
As above plus Body Composition analysis and report	1.5 hrs inc	£85	£60	<input type="checkbox"/>
Fitness Assessment plus training plan (one-off)	90 mins plus written report	£150	NA	<input type="checkbox"/>

Sports Massage (Bedford Based)	45 mins	£30	£25	<input type="checkbox"/>
Spindoctor-turbo indoor training programme for cyclists	NA	£39.50 plus p&p	£32.50 plus p&p	<input type="checkbox"/>
Spindoctor-turbo indoor training programme for triathletes and general fitness	NA	£39.50 plus p&p	£32.50 plus p&p	<input type="checkbox"/>
SRM Power Cranks : scientific coaching is an authorized supplier of SRM power cranks, our special price includes a personal fitting of the crank set, demonstration of calibration procedure and calculation / programming in of your own personal training levels	Includes 2hrs 1-2-1 tutorial and fitness assessment	Phone for current price quotation	Discount for scicoaching clients	<input type="checkbox"/>
ONE TO ONE TRAINING & COACHING COURSES				
Standard (morning, afternoon or evening)	2.5 - 3 hrs	£175	125	<input type="checkbox"/>
Plus (Short Day)	4 - 5 hrs	£205	£160	<input type="checkbox"/>
Extra (Full day includes lunch - supplements may be payable for weekend courses)	7 - 8 hrs	£299	£245	<input type="checkbox"/>
One to One Consultation (could include supervised turbo session, weight management, training review, sports nutrition etc)	First hour	£50	£35	<input type="checkbox"/>
One to One Session	Subsequent hrs	£35	£25	<input type="checkbox"/>

All prices include VAT at standard rate except Spindoctor book which is zero rated

Section 2: Personal Questionnaire

From the personal information given in this questionnaire your personal coaching programme will be devised. Please give as much information as possible including likes and dislikes, access to a turbo trainer, gym, swimming pool times etc. Please therefore give as much information as possible. All information will be treated in confidence and any supplementary materials such as coaching diaries returned by registered post.

Name:	<input type="text"/>
Address:	<input type="text"/>
PostCode:	<input type="text"/>
Country:	<input type="text"/>
Phone (day):	<input type="text"/>
Phone (eve):	<input type="text"/>
Mobile:	<input type="text"/>
Email:	<input type="text"/>
Age:	<input type="text"/>
Weight:	<input type="text"/>

	<input type="text"/>
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Height:	<input type="text"/>
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Medical History:
 Please provide information on any medical or injury problems which may influence your ability to train, or recover from training.
 If none, please state none and sign in the box.

Training History : Please provide information on your current training regime a typical week perhaps, or include copies of your training diaries if appropriate.

Personal Achievements : include information on your current personal best times / placings or what you feel has been your best achievement to date

Personal Goals : What do you hope to achieve in the forthcoming months / years. Be as specific as possible as opposed to simply fitter, lighter or faster !

Coaching Experience : Have you ever been coached before ? If so what did you like / dislike about their style ?

What are you looking for from me as a coach ?

Declaration:

I have completed this questionnaire to the best of my knowledge and agree to update Dr Auriel Forrester of

Scientific Coaching if there are any changes to my health or personal circumstances which may affect my ability to train safely and effectively.

I also understand that, in signing up for an annual programme whether payable in full or via regular monthly payments - I will be liable for the full payment if I choose to cancel the agreement, for whatever reason and accepting that scientific-coaching has fulfilled its obligations to provide training plans and feedback in accordance with the specific programme level, after the first six weeks. I accept coaching is a 2-way process and commit to providing comment and feedback to scientific coaching on my training progress and take ownership and responsibility for managing my own coaching time.

No monies are refundable for appointments (such as fitness assessments, sports massage and 1-2-1 sessions) cancelled at short notice, nor for any one-off training plans.

Disclaimer:

YOU UNDERTAKE TO DO THESE SESSIONS AT YOUR OWN RISK AND THE AUTHOR/S (of coaching programmes and of Spinductor turbo) TAKE NO RESPONSIBILITY FOR ANY EVENTS, HOWEVER CAUSED, ARISING AS A RESULT OF THE INFORMATION GIVEN IN THE PROGRAMMES OR FOR THE SESSIONS THEMSELVES. IT IS YOUR RESPONSIBILITY TO INFORM SCIENTIFIC-COACHING OF ANY CHANGE IN YOUR HEALTH OR OTHER PERSONAL CIRCUMSTANCES WHICH MAY AFFECT YOUR ABILITY TO TRAIN

All information is treated in strictest confidence. I operate within the codes of practice of British Cycling and the British Association of Sport and Exercise Sciences. Copies are available on request.

Please tick the following box to show you have read, understood and accepted the above:	<input type="checkbox"/>
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submit this form