Vescio Multisport Performance Services

Vmps Coaching Services

• For athletes seeking individually customized programs for their endurance goals
• Structured periodized training based on your goals and priority races
• Detailed daily workouts presented in an online training log
• Data driven methodologies based on fitness assessments, identification of physiological and skills-based limiters, workout performance, and training loads
• Supports balance between pursuit of athletic goals and other aspects of your life

Vmps Individualized Training Plans

• For the self-coached athlete looking for structured training approaches
• Training is periodized based on your goals and priority races
• Detailed daily workouts are presented in an online training log