



# Power Training. Powerful Results! **PEAKS COACHING GROUP**

**Article Name:** Make Your Off-Season Count! Hire a Coach Now!

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Many people work hard all year long, take direction, and live disciplined lives in hopes of performing really well throughout their seasons. Often times, many think that the end of the season means that it is time to hibernate and go it alone. Unfortunately, this time of year is the most important time to apply a proactive and well thought out approach to the rest of the year. The off-season is where the foundation to the entire year is crafted and what you do here will have the greatest impact on your racing season.

Having a coach during this time helps in many ways, the least of which includes staying motivated and disciplined. It is so easy to get lazy, eat poorly, and do too little or too much. Having a coach at this point helps keep everything in perspective and will help keep you progressing forward towards your goals. Let your coach design an off-season weight program to help you build the strength and power you will need, come next season. Let them help you implement an effective flexibility program including yoga and the appropriate stretching protocols to increase reduce the risk of injury and discomfort, correct muscular imbalances and improve performance. Let them help you keep your diet together, keep you motivated, and keep your endurance training specific, progressive and productive.

In short, let them help you make the absolute most out of your off-season, and ultimately your racing season, by staying in touch and keeping that valuable coaching dynamic alive and flowing. For more information on subjects related to endurance training or for any of your coaching and training needs check out Jeb and the rest of the coaches from the Peaks Coaching Group at [www.peakscoachinggroup.com](http://www.peakscoachinggroup.com).

Jeb Stewart is a USA Cycling Expert Level coach and has a Master's degree in Exercise Science and Health Promotion. He is certified by the ACSM, the NSCA, the NASM and is the head assistant coach and co-owner of The Peaks Coaching Group. He has a long history of competing in a variety of athletic endeavors at the national level and currently races on the road around the country annually. He specializes in coaching athletes of all walks of life using a holistic approach and is on the forefront of coaching cyclists with power. Jeb's passion for helping people go to the next level in all of their endeavors has led him to become a presenter, writer, and consultant on anything related to training, performance, and wellness.



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