



Purple Patch®

Enhanced Squad and 1:1 Programming

	Education Member	Squad Member	1:1 Athletes
Private Facebook Group	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Education Hub Access	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Zwift Team Meetups		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Zwift with the Pros		<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coaches Bulletin	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Squad Sunday Special		<input checked="" type="checkbox"/>	
Daily Bulletin with Performance Video	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coach-led Office Hours	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Expert-led Office Hours	Recorded	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Coffee with the Pros	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Live Virtual Strength+Mobility Class	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Live Virtual Swim Bands Class	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Live Virtual Core+Mobility Class with the Pros	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Live Virtual Bike Class with Matt Dixon	Samples	Recorded	<input checked="" type="checkbox"/>
1:1 Coach to Athlete Sessions + Office Hours			<input checked="" type="checkbox"/>



ENDURANCE



STRENGTH



RECOVERY



NUTRITION



Purple Patch®

Weekly Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Office Hours and Socials	OFFICE HOURS Purple Patch Coach 6 PM PDT (all members)	COACH FORUM 48 Hours of Coach Q and A (all members)		OFFICE HOURS Expert Partners See Event Calendar (Squad and 1:1)	COFFEE WITH PROS Chelsea Sodaro & Sarah Piampiano 9AM PDT (all members)			
Virtual Rides		LIVE VIDEO BIKE CLASS MATT DIXON Time TBA (1:1 athletes) Recorded for Squad	ZWIFT MEET UP 7 AM EDT - COACH Scott Layton 7 AM PDT - PRO Kevin Collington (Squad and 1:1)	LIVE VIDEO BIKE CLASS MATT DIXON Time TBA (1:1 athletes) Recorded for Squad	ZWIFT MEET UP 7 AM EDT - COACH Scott Layton 7 AM PDT - PRO Sam Appleton (Squad and 1:1)	ZWIFT MEET UP 6:10 AM PDT - Squad-Led 10 AM PDT - COACH Brad Hunter (Squad and 1:1)		
Live Classes	CORE & MOBILITY WITH PROS Sarah Piampiano & Chelsea Sodaro Led By Charlie Reid 9:30 AM PDT (all members)	STRENGTH & MOBILITY CLASS Mike Olzinski 1 PM PDT (all members)	SWIM BAND CLASS John Stevens 10 AM PDT (all members)				ACTIVATION CLASS Mike Olzinski 9 AM PDT (all members)	SWIM BAND CLASS John Stevens 10 AM PDT (all members)



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Weekly Zoom Links

Date and Time	Session	Host	Zoom Link
Monday, 9:30 PDT	CORE & MOBILITY WITH THE PROS	Chelsea & Sarah	https://zoom.us/j/695193111
Monday, 6pm PDT (subject to change)	COACH OFFICE HOURS	Purple Patch Coaches	https://zoom.us/j/514195842
Tuesday, 1pm PDT	STRENGTH & MOBILITY	Mike Olzinski	https://zoom.us/j/983171732
Wednesday, 10am PDT	SWIM BAND SESSION	John Stevens	https://zoom.us/j/163645901
Thursday, Time TBA	OFFICE HOURS EXPERT PARTNERS	Expert Partners (Password Protected)	https://zoom.us/j/392244005
Friday, 9am PDT	COFFEE WITH THE PROS	Chelsea & Sarah	https://zoom.us/j/975145126
Saturday, 9am PDT	ACTIVATION	Mike Olzinski	https://zoom.us/j/499143077
Sunday, 10am PDT	SWIM BAND SESSION	John Stevens	https://zoom.us/j/163645901



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