I began working with Dario Fredrick and the Whole Athlete coaching program in March of 2008. That was 3 years ago last month. Working with Dario has been an amazing experience. He took me on at an entry level of fitness and has always treated me as though I was his most valuable client. Looking back on my training I can see a clear and gradual increase in my weekly hours and the level of intensity in my training. Over the course of three year Dario has brought me from a beginning level rider to a national caliber athlete. In addition to excellent coaching, Whole Athlete offers a unique method of performance testing. I can happily say that I have never had a mask strapped to my face or had to give blood during a performance test. The most time that I have spent at the Whole Athlete Performance Center has been spent perfecting my bike fit. Dario has a keen eye for small details. In five minutes Dario assessed that I needed wedges in my shoes and pedal washes to adjust my pedal stroke. My knees have been pain free ever since. I have been fit on my road, mountain and time trial bikes and I feel powerful and comfortable on all three. Small corrections and great attention to detail are what make Whole Athlete and Dario Fredrick stand out as one of the best coaching and cycling fitting options available. It has been an enjoyable and exciting experience working with Dario and Whole Athlete, and one that I’m sure will continue for many years to come. I cannot more highly recommend The Whole Athlete coaching and fitting programs.

-John Bennett