



# COACHING PACKAGES

	GROUP	INDIVIDUAL	INDIVIDUAL PLUS
<b>PLANNING SERVICES</b>			
Initial Consultation with Coach	Included	Included	Included
TrainingPeaks Account	Basic	Premium	Premium, Best Bike Split
Training Plan	Group Plan (full plan at start)	Individualized	Individualized
Training Plan Edits	1x at initial time of training plan	1x/month	Unlimited
Race Plan	"A" race	All races	All races
<b>Monthly Value</b>	<b>\$50.00</b>	<b>\$250.00</b>	<b>\$300.00</b>
<b>COACHING</b>			
Email Access to Coach	Limited	Weekly	Unlimited
Text Access to Coach	Limited	Weekly	Unlimited
Phone Meeting with Coach	Every 2 Months (30 min)	Every 2 Weeks (30 min)	Weekly (30 min)
In Person Meeting with Coach	2x, at initial start and 2 weeks before "A" race	Upon Request	Upon Request
<b>Monthly Value</b>	<b>\$100.00</b>	<b>\$240.00</b>	<b>\$480.00</b>
<b>EVALUATIONS</b>			
Testing	Self Testing	Self Testing & Vo2	Self Testing & Vo2
Data Analysis	Basic feedback	Basic metrics	Advanced metrics
VO2 Bike Testing	40% Discount	1x per year	2x per year
VO2 Run Testing	40% Discount	1x per year	2x per year
Biomechanical Evaluation	Discount	Included	Included
<b>Monthly Value</b>	<b>\$35.00</b>	<b>\$120.00</b>	<b>\$230.00</b>
<b>GROUP CLINICS</b>			
Monday Night Open Water Swim	Included	Included	Included
Evening Group Rides	Full Access	Full Access	Full Access
Course Rides	Included	Included	Included
Clinics and Seminars	Standard clinics	Standard and Advanced Clinics	Standard and Advanced Clinics
Overdistance Rides	Included	Included	Included
<b>Monthly Value</b>	<b>\$85.00</b>	<b>\$90.00</b>	<b>\$90.00</b>
<b>EXTRAS</b>			
P3 Gear	Discounted	Discounted	Discounted
Discounts to Partners	Yes	Yes	Yes
<b>Total Monthly Value</b>	<b>\$270.00</b>	<b>\$700.00</b>	<b>\$1,100.00</b>
<b>TERMS</b>			
Annual Set Up Fee	\$100.00	\$300.00	\$300.00
Commitment	Half - 8 months Full - 10months	Minimum 6 months <i>limited availability</i>	Minimum 6 months <i>limited availability</i>
Monthly Coaching	\$139	\$249	\$349

Group and Individual Coaching for the upcoming season is limited.

**Schedule your complimentary coaching consultation today!**