

	PREMIUM 1-ON-1 COACHING \$250/month	ULTIMATE 1-ON-1 COACHING \$425/month	CUSTOM TRAINING PLAN \$30-50/week
Daily Training Schedule	✓	✓	✓
Annual Training Plan	✓	✓	✓
Field Testing	✓	✓	✓
Custom Intensity Training Sessions	✓	✓	✓
One-on-one Kickoff Meeting	✓	✓	✓
Progress Analysis	Weekly	Daily	50% off consultation
Email/ Virtual Communication	Weekly	Unlimited	Monthly email access
TrainingPeaks Premium Account	Coach Paid	Coach Paid	Athlete Paid
Training Plan Updates & Review	Weekly	Unlimited	50% off consultation
Race Strategy	✓	✓	50% off consultation
Course Specific Strategy	✓	✓	50% off consultation
Nutrition Strategy	✓	✓	50% off consultation
Movement Analysis		✓	
One-on-one sessions	\$75/hr or \$40/30min	2 per month	\$75/hr or \$40/30min
Commitment	3 month minimum	3 month minimum	4 week minimum

*10% discount available for a 6-month commitment on Coaching programs paid in advance. No refunds will be provided.