

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

\*5% discount available for a 6-month commitment on Coaching programs paid in advance. No refunds will be provided.