

We offer a variety of coaching options in order to support athletes as their seasons progress. All plans start off with an initial kick-off meeting where we strategize the best plan options for you.

**Premium Race Ready** is our most popular option with a completely custom plan including all the support needed for long-term athletic growth and race day success. We put our years of real-life experience to work to help you achieve your goals without sacrificing your family/social/work life!

**Basic Self-Guided** provides a custom training plan and monthly coach communication. This plan is great for an athlete in the offseason, or someone who wants to take the guess-work out of their plan but doesn't need a high level of coach involvement or accountability.

**Ultimate one-on-one** plans provide a more personalized experience with either virtual or in person one-on-one training sessions to fine tune swim/bike/run or strength form and get the most out of your movement machine!

	<b>BASIC SELF-GUIDED \$150/month</b>	<b>PREMIUM RACE READY \$225/month</b>	<b>ULTIMATE ONE-ON-ONE \$400/month</b>
Daily or Weekly Schedule	✓	✓	✓
Annual Training Plan	✓	✓	✓
Field Testing	✓	✓	✓
Custom Intensity Training Sessions	✓	✓	✓
Progress Analysis	<b>Monthly</b>	<b>Weekly</b>	<b>Daily</b>
Email/ Virtual Communication	<b>Monthly</b>	<b>Weekly</b>	<b>Unlimited</b>
TrainingPeaks Premium Account	<b>Athlete Paid</b>	<b>Coach Paid</b>	<b>Coach Paid</b>
Training Plan Updates & Review		<b>Weekly</b>	<b>Unlimited</b>
Race Strategy		✓	✓
Course Specific Strategy		✓	✓
Nutrition Strategy		✓	✓
Movement Analysis			✓
One-on-one sessions			<b>2 per month</b>
Commitment	<b>3 month minimum</b>	<b>3 month minimum</b>	<b>2 month minimum</b>