



## 2018 Rates

Features	Bronze	Silver	Gold
TrainingPeaks Premium Athlete Edition	✓	✓	✓
Start-up Interview/Consultation	✓	✓	✓
Goal Planning	✓	✓	✓
Individualized Plan Tailored to Your Needs	✓	✓	✓
Fitness Testing (CSS, FTP and LT)	✓	✓	✓
Communication Frequency	2 emails per month	1 call + 4 emails per month	Unlimited
Training Schedules Posted	Monthly	Monthly	Weekly
Training Schedules Updates/Changes	1 per month	1 per month	Up to 4 times per month
HR/Power/GPS File Review	None	Weekly	Weekly
<b>Contract Period</b>	<b>6 months</b>	<b>6 months</b>	<b>6 months</b>
<b>Pricing</b>	<b>USD 119 per month</b> <i>plus USD 99 start-up fee</i>	<b>USD 189 per month</b> <i>plus USD 99 start-up fee</i>	<b>USD 299 per month</b> <i>plus USD 99 start-up fee</i>

### Start-Up Interview/Consultation

Before getting started your coach will contact you to talk about your athletic history, experience, training availability, work and family responsibilities, and more.

### Goal Planning

You will work with your coach to set appropriate goals for the season.

### Individualized Plan

Workout schedules will individually tailored to your needs and athletic goals.

### Communication Frequency

This determines how often you can contact your coach regarding workout questions or other matters during coaches work hours which are Monday to Friday 9am - 5pm, Saturday 1 - 3pm.

### Fitness Testing (CSS, FTP and LT)

An FTP test on the bike as well as a run test will be required to determine power and lactate threshold values. A CSS test will be done for swimming.

### Terms and Conditions

6 month minimum sign-up/12 months recommended for best results.

**One month notice contract cancellation.**