



2017 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
Contract Period	6 months	6 months	6 months
Pricing	USD 99 per month <i>plus USD 99 startup fee</i>	USD 169 per month <i>plus USD 99 startup fee</i>	USD 299 per month <i>plus USD 99 startup 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.