

## Triathlon & Running Coaching

Service Levels	<b>Running only</b>	<b>Triathlon</b>	<b>Gym only</b>	<b>Running or triathlon + Gym</b>
<p><b>Per Program as Needed</b></p> <ul style="list-style-type: none"> <li>- Athlete intake via email/text or short call</li> <li>- Program based on needs</li> <li>- Program via excel or Training Peaks</li> </ul>	\$60/month	\$80/month	\$80/month	\$120/month
	<p>This program level involves receiving a program that reflects your needs. Feedback can be given at conclusion of program to guide the next program</p> <p>Essentially – tell me your program needs, I’ll write the program &amp; will send it to you</p>			
<p><b>Full</b></p> <ul style="list-style-type: none"> <li>- Detailed athlete intake call &amp; needs analysis</li> <li>- Individualized program &amp; annual plan</li> <li>- Ongoing communication via phone/email/text</li> <li>- Program adjusted based on feedback</li> <li>- Athlete required to have premium Training Peaks account</li> </ul>	\$150/month	\$200/month	\$200/month	\$300/month
	<p>This level is where your program is written progressively based off feedback &amp; performance. Feedback and communication is ongoing and the program can be adjusted. Essentially – I write the program as we go based off your progress &amp; how you are going.</p>			
<p><b>High Level</b></p> <ul style="list-style-type: none"> <li>- Extended athlete intake call &amp; needs analysis detail</li> <li>- Individualized program &amp; annual plan</li> <li>- Ongoing communication via phone/email/text</li> <li>- Scheduled program call every week to review previous week &amp; plan next week</li> <li>- Program adjusted based on weekly feedback</li> <li>- Involves in person sessions/coaching if possible</li> <li>- Athlete required to have premium Training Peaks account</li> </ul>	\$200/month	\$300/month	\$300/month	\$400/month
	<p>This is a full level service with unlimited detail and scope.</p> <p>We speak every week to review &amp; plan program</p> <p>Program can be adjusted at any time based on schedule or ongoing athlete needs</p>			

## Injury Rehab Programs

	<b>Return to running / sport</b>	<b>Gym Rehab</b>	<b>Combined</b>
<b>High Level</b>	\$160/month	\$180/month	\$300/ month
<ul style="list-style-type: none"> <li>- Extended athlete intake call &amp; needs analysis detail</li> <li>- Individualized program &amp; periodization based on rehab timeline</li> <li>- Ongoing communication via phone/email/text</li> <li>- Scheduled rehab update call every week to review previous week &amp; plan next week</li> <li>- Program adjusted at any time</li> <li>- Involves in person rehab sessions if possible</li> </ul>	<p>This is a full level service with unlimited detail and scope.</p> <p>We speak every week to review &amp; plan program</p> <p>Program can be adjusted at any time based on schedule or ongoing player needs</p>		

### **In Person Physiotherapy**

Initial (60 min)	\$150
Review (40 min)	\$60
General maintenance treatment (45 min)	\$50

### **Online Physiotherapy**

Initial (60 min)	\$150
Review (40 min)	\$75

### **Open High Performance Consultancy**

Per hour	\$125
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### **Intensive In Person Support - Individual athlete or group - Physio/Conditioning/Rehab/Training Camp**

Per Day	\$250 plus flights, accommodation costs etc if not in my city. These costs can be negotiated
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This is where I am on location with you and available for intensive full time support