

ALCHEMY ENDURANCE

Run Coaching Options			
DELIVERABLES	PERFORMER	PR	PODIUM
Program Delivery	Every 1-2 wks	Every 1-2 wks	Every 1-2 wks
Workout modifications	None	1/wk	As needed
Tech requirements	Heart rate monitor/GPS watch	HR monitor/GPS watch	HR monitor/GPS watch
Minimum Monthly Commitment	9mths	1yr	1yr
Workout feedback	1x/wk in TP	2x/wk in TP	3x/wk in TP
Initial Consultation (IC) prior to coaching	Yes	Yes	Yes
Weekly emails	1x/wk	3x/wk	Unlimited
Phone Calls	1x/mth	1x/wk	Unlimited
Text messaging	No	Yes	Yes
Training Peak (TP) Review	1x/wk	2x/wk	5x/wk
TP Account	Basic	Basic	Premium
Testing	Provided throughout season	Provided throughout season	Provided throughout season
Strength & Drills	Strength training included in training plan, with video links	Strength training included in training plan, with video links	Strength training included in training plan, with video links
Nutrition	Education provided throughout season	Education provided throughout season and specific evidence based	Education provided throughout season and specific evidence based

		fueling strategy for around race day	fueling strategy for around race day
Cost*	\$300/4wk block	\$375/4wk block	\$450/4wk block
Start Up Fee	\$50	\$50	None

*Alchemy Endurance LLC reserves the right to increase its coaching rates from time to time to ensure we position ourselves to deliver the best possible experience for our athletes. We will provide clients with written notice 28 days in advance of doing so. Clients who choose to continue their training will be charged the increased dues in the next 28 day billing cycle after the increase has been implemented.