

# ALCHEMY ENDURANCE

<b>Triathlon Coaching Options</b>			
<b>DELIVERABLES</b>	<b>PERFORMER</b>	<b>PR</b>	<b>PODIUM</b>
<b>Program Delivery</b>	Every 1-2 wks	Every 1-2 wks	Every 1-2 wks
<b>Workout modifications</b>	None	1/wk	As needed
<b>Tech requirements</b>	Heart rate monitor/GPS watch	HR monitor/GPS watch, Bike Power meter encouraged	HR monitor/GPS watch, Bike Power meter encouraged
<b>Minimum Monthly Commitment</b>	9mths	12mths	12mths
<b>Workout feedback</b>	1x/wk in TP	2x/wk in TP	3x/wk in TP
<b>Initial phone consultation (IC) prior to coaching</b>	Yes	Yes	Yes
<b>Weekly emails</b>	Yes - 1x/wk	Yes - 2x/wk	As needed
<b>Phone Calls</b>	1x/mth	1x/wk	2x/wk
<b>Text messaging</b>	No	Yes	Yes
<b>Training Peak Review</b>	1x/wk	2x/wk	5x/wk
<b>Training Peaks Account</b>	Basic	Basic	Premium
<b>Testing</b>	Provided throughout season	Provided throughout season	Provided throughout season
<b>Strength &amp; Drills</b>	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

<b>Nutrition</b>	Education provided throughout season	Education provided throughout season and specific evidence based fueling strategy around race day	Education provided throughout season and specific evidence based fueling strategy around race day
<b>Cost*</b>	\$350/4wk block	\$425/4wk block	\$500/4wk block
<b>Start Up Fee</b>	\$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 3 weeks 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.