

## Coaching Services Comparison

	SmartTrainer	MyPersonal Level	Premier Level	One-on-One Session	Lab Testing	Nutrition
Who's it For?	Optimal for entry level athletes just look for some basic guidance on how to finish an event	Optimal for athletes of all levels looking for a customized training plan that is geared toward target goals	Specifically designed for athletes with busy family, work and travel schedules or athletes that are looking for a more customized approach to their training.	Athletes that are looking to improve specific technical abilities	Optimal for athletes needing specific data to aid in training	Athletes looking to receive guidance on day to day nutrition
Benefits of the Plan	<ul style="list-style-type: none"> <li>* Structured training to help get the most of our time available to train.</li> <li>* Cross Training to help improve recovery time.</li> <li>* Access to training and nutritional articles</li> </ul>	<ul style="list-style-type: none"> <li>* Customized training calendar delivered in 12 week blocks</li> <li>* Certified Coaching Staff</li> <li>* Develop a relationship with your coach that knows how you respond to the different types of workouts.</li> <li>* Access to numerous workouts and training information to help you prepare for your events</li> <li>* Unlimited email contact with your coach</li> <li>* Priority reservation in TMC camps and clinics</li> </ul>	<ul style="list-style-type: none"> <li>* Customized training plan delivered in 2 week blocks.</li> <li>* Annual Training Plan review session</li> <li>* Training plan review every 2 weeks</li> <li>* Nutrition evaluation of a 5 day dietary log</li> <li>* 10% off lactate testing and training camps</li> <li>* Ability to train directly with the coach (travel expenses additional, based on schedule availability)</li> </ul>	<ul style="list-style-type: none"> <li>* These sessions allow individual time with a coach to fine tune your skills</li> <li>* Customize drill sequences</li> <li>* Proper fit on a bike to increase wattage output</li> </ul>	<ul style="list-style-type: none"> <li>* Lactate training zone evaluation</li> <li>* Critical Power Assessments for cycling</li> </ul>	<ul style="list-style-type: none"> <li>* Get day to day nutrition planning customized based on your requirements</li> </ul>
Coaching Interaction	Limited email	Initiated by athlete	Initiated by Coach	In Person	In Person	Various
Price	\$75 per plan	Option 1 - Annual Plan \$23 per week. 48 week commitment  Option 2 – Select your Weeks \$28 per week.	\$55 per week	\$60 per session	\$90 per test	Call for pricing
When am I charged?	On receipt of the plan	Option 1 - Annual Plan - Every 12 weeks  Option 2 - Select Your Weeks – At the beginning of the plan	At the beginning of every 4 weeks	Once the session is completed	Once the session is completed	Based on plan
How do I renew my plan?	N/A	Option 1 – Annual Plan - After the delivery of all four training calendars  Option 2 – Select Your Weeks – At the conclusion of the number of weeks selected	At the conclusion of the 12 week commitment	N/A	N/A	Based on the length of the plan