












## 2018 Rates

Features	Single Sport	Standard	Elite
	Cycling OR Running OR Sports Fitness	Age-group Athletes (Tri & Du)	"Serious" Age-group Athletes (Tri & Du) <i>OR for those looking for more personal attention</i>
Start-up Interview/Consultation	✓	✓	✓
Goal Planning	✓	✓	✓
Psychology Analysis	✓	✓	✓
Individualized Training Plan	✓	✓	✓
Fitness Testing (CSS, FTP and LT)	✓	✓	✓
Communication Frequency	Skype/Phone call once per month 1 Email per week	Skype/Phone call once per month 1 Email per week	Unlimited Skype/Phone call access during working hours only Unlimited Email
Training Schedules Posted	Monthly on Training Peaks	Monthly on Training Peaks	Weekly on Training Peaks
Training Schedules Updates/ Changes	-	Monthly	Unlimited
One-on-one Coached Session/ Video Analysis	-	-	Optional 1 per month (1 hour)
Race Nutrition Guidance	✓	✓	✓
Group Training (Optional JHB Only)	✓	✓	✓
WhatsApp Training Group	✓	✓	✓
Strength Programme	✓	✓	✓
Stretch Programme	✓	✓	✓
HR/Power/GPS File Review	✓	✓	✓
<b>Contract Period</b>	<b>6 months</b>	<b>6 months</b>	<b>6 months</b>
<b>Pricing</b>	<b>R850pm</b> <i>plus R500 start-up fee</i>	<b>R950pm</b> <i>plus R500 start-up fee</i>	<b>R1350pm</b> <i>plus R500 start-up fee</i>
<b>Student rates apply</b> <i>(Scholar or university - student card must be presented)</i>	<b>R700pm</b>	<b>R800pm</b>	<b>R1200pm</b>

Once Off Programme	One Month	3 Month	6 Month
Ironman/70.3/Olympic Distance Programmes	<b>R700</b>	<b>R1600 (R500 discount)</b>	<b>R3500 (R700 discount)</b>
No changes will be made			
No initial interview/start up/ assessment/feedback	<b>Full payment required before programme is released</b>		

Requirements (for athlete's own account)			
Skype account			
Training Peaks Account	Basic	Basic	Premium Recommended
Heart Rate Monitor			
Cadence sensor	Cycling Recommended	Recommended	Recommended
Power Meter	Cycling Recommended	Optional	Recommended
Upload data on a weekly basis (feedback)			

### 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.

### Training Schedules Posted

Workouts will be made available for you to see on a weekly (Elite) or monthly (Standard) basis depending on the coaching level chosen.

### Training Schedule Updates

Your coach will make the allotted number of changes to your workout schedule once it has been posted to your calendar.

### HR/Power/GPS file review

Your coach will review and analyse your data files on an unlimited (Elite) or monthly (Standard) basis or and provide feedback and suggestions as needed.

### 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.

### One-on-One Coached Session

(Elite) athletes have the option of a 1 hour session either swimming, cycling or running with your coach once per month as per coaches availability. If coach is unavailable video analysis will be done. Sessions will not be carried over to the next month.

### Terms and Conditions

6 month minimum sign-up/12 months recommended for best results.

### One month notice contract cancellation.