

Packages	Diamond	Platinum	Gold	Silver
	All	All	Triathlon; Cycling	running, swimming
Communication				
initial setup on Training Peaks/ call from coach explaining MTD & how everything works	✓	✓	✓	✓
unlimited phone calls	✓	X	X	X
phone call from coach - weekly	✓	X	X	X
phone call to coach - weekly	✓	✓	X	X
session feedback on Training Peaks	✓	✓	✓	✓
unlimited watsapp	✓	X	X	X
unlimited email	✓	✓	✓	✓
one on one meeting - weekly	✓	X	X	X
one on one meeting - monthly	N/A	✓	X	X
Software				
Training peaks account - premium	X	X	X	X
Training peaks account - basic	✓	✓	✓	✓
Best Bike Split account - basic	✓	✓	X	X
Analysis				
Bike power session analysis	✓	✓	X	X
Running power session analysis	✓	X	X	X
Tracking Performance management & fitness	✓	✓	✓	✓
Preparation of yearly calendar	✓	✓	X	X
Training Plan	✓	✓	✓	✓
Adjust training plans as needed	✓	X	X	X
Adjust training plans 1 time monthly	N/A	✓	X	X
Pre & post race analysis	✓	✓	X	X
Race day nutrition plan one-on-one	✓	X	X	X
Race day nutrition plan group workshop	N/A	✓	✓	✓
Bike fitment - 3 x yearly checks	✓	X	X	X
Sign Up				
Subscription	✓	✓	✓	✓
Annual Fee	✓	✓	✓	✓
Squad training 30% discount	✓	✓	✓	✓

OTHER CONSULTATIONS	per / athlete	MTD coached athlete
Bike Fitment 60min		
Bike Fitment follow up consultation same bike		
Nutritional advice incl race day – consultation 60min		
Nutritional Workshop group max 10		
Swim Video analysis + 1 on 1 swim session 60min		
Swim workshop stroke analysis group (more than 5 swimmers max of 10)		
Run Video analysis + 1 on 1 run session 45min		
Run workshop form analysis group (more than 5 runners max of 10)		
Other topic related workshops		
Training camps		