

Packages	Diamond +	Diamond	Platinum	Non Coached Athlete
	All	All	All	All
Communication				
Initial setup on Training Peaks/ call from coach explaining MTD & how everything works	✓	✓	✓	✓
unlimited phone calls	✓	✓	X	X
phone call from coach - weekly	✓	✓	X	X
phone call to coach - weekly	✓	✓	✓	X
session feedback on Training Peaks	✓	✓	X	X
unlimited whatsapp	✓	✓	X	X
unlimited email	✓	✓	✓	X
one on one meeting - weekly	✓	✓	X	X
one on one meeting - monthly	N/A	N/A	✓	X
Software				
Training peaks account - premium	✓	N/A	N/A	X
Training peaks account - basic	N/A	✓	✓	X
Best Bike Split account - basic	✓	✓	✓	X
INSCYD - PPD - basic	✓	X	X	X
My Fitness pal	✓	✓	X	X
Analysis				
Preparation of yearly calendar	✓	✓	✓	X
Training Plan	✓	✓	✓	X
Adjust training plans as needed	✓	✓	X	X
Adjust training plans 1-2 time monthly	N/A	N/A	✓	X
Tracking Performance management & fitness	✓	✓	✓	X
Best Bike Split - Pre & post race analysis	✓	✓	✓	X
INSCYD - PPD testing and analysis (+ 4 tests)	✓	X	X	X
FTP - Protocol testing	✓	✓	✓	X
Analysis on dietary habits via my fitness pal	✓	✓	X	X
Race day nutrition plan - Advanced personal INSCYD	✓	X	X	X
Race day nutrition plan - Basic	N/A	✓	X	X
Bike power session analysis	✓	✓	✓	X
Running power session analysis	✓	X	X	X

OTHER CONSULTATIONS	per / athlete	per / athlete	per / athlete	per / athlete
Run Squad - Taurnga	\$20	\$20	\$20	\$40
INSCYD - PPD test only	✓	\$250	\$250	\$250
INSCYD - PPD test and analysis consultation	✓	\$400	\$400	\$400
INSCYD - PPD test and analysis consultation (extra test)	\$50	N/A	N/A	N/A
Bike Fitment 60min	\$120	\$120	\$120	\$150
Bike Fitment follow up consultation same bike	\$56	\$56	\$56	\$80
Nutritional advice incl race day – consultation 60min	✓	✓	\$80	\$80
Nutritional Workshop group max 10	\$320	\$320	\$320	\$320
Swim Video analysis + 1 on 1 swim session 60min	\$56	\$56	\$56	\$80
Swim workshop stroke analysis group (more than 5 swimmers max of 10)	\$320	\$320	\$320	\$320
Run Video analysis + 1 on 1 run session 45min	\$56	\$56	\$56	\$80
Run workshop form analysis group (more than 5 runners max of 10)	\$320	\$320	\$320	\$320
Other topic related workshops	\$320	\$320	\$320	\$320
Training camps	TBC	TBC	TBC	TBC