

SCOLERI SPORTS

www.tonyscoleri.com/coaching

COACHING

	CASUAL	REGULAR	ADVANCED	COMPETITIVE	ELITE
Number of training sessions in the program (weekly)	3	4-5	6-7	8-10	10+
Individualised program	YES	YES	YES	YES	YES
Program review	Monthly	Fortnightly	Weekly	Weekly	Weekly
Coaching fee (monthly)	AU \$50	AU \$70	AU \$100	AU \$150	AU \$200
Optional: Strength and conditioning program (monthly)	AU \$10	AU \$10	AU \$10	FREE	FREE
Optional: Online program management fee TrainingPeaks (monthly)	AU \$10	AU \$10	FREE	FREE	FREE
Optional: Group coached sessions	AU \$2	AU \$2	FREE	FREE	FREE
Optional: Video analysis	AU \$40	AU \$40	AU \$40	FREE	FREE
Optional: Signup a friend (monthly discount)	- AU \$10	- AU \$10	- AU \$10	- AU \$10	- AU \$10
Hammer nutrition products (discount)	YES	YES	YES	YES	YES