



Finish Line Coaching E.T.C

Endurance & Triathlon -An Athletic Competitive Edge-

Video Sport Analysis

- Swim Analysis** - \$50.00 includes, (2) 1-hour lessons video of your stroke above and below water, 15 minute review your video prior to second lesson.
- Run Analysis** - \$35.00 includes, (2) 30 min track lesson, video of your running style, 15 minute review prior to second workout
- Bike Analysis** - \$45.00 includes, (2) 45-minute indoor workouts performed on a wind trainer. A 15-minute video review of your riding technique prior to second workout

Personalized Training Plans

A training plan specifically designed for YOU that fits best into your schedule and will provide all the details of each workout. I'll work with you on a needed basis, with text and e-mail support. The plan length can vary depending on the distance of the race you are doing and what your goals are for the race.

12 Week Plan	\$120.00
18 Week Plan	\$180.00

Full Coaching Services & Seasonal Plans

This option will provide you with everything you need in preparation for your races in the specific purchased time period. This includes the personal training plan, performance testing, a video analysis of your selected sport and unlimited text and e-mail communication with me. This includes once a week coaching. Whether you have questions about a workout, need to adjust the plan to fit in a change in your normal schedule, have a question about nutrition during training, or any other issues you may have, I will be there for you.

12 Week Plan	\$240.00
18 Week Plan	\$360.00
20 week plan (seasonal)	\$400.00



Consulting and Coaching

Anyone that would like some personal consulting before getting deep into triathlon or just want to have an option for coached sessions/ workouts alone or with a group. Plans can also be modified to include a fitness assessment or performance testing. Each session will be geared towards specific training periods to help you prepare for your selected race or specific sport.

		One on One	Two people	Group (3 or more)
Gold	12- 1 hour sessions	360.00	240.00	180.00
Silver	6 - 1 hour sessions	180.00	120.00	90.00
Bronze	3 - 1 hour sessions	90.00	60.00	45.00
Just a "Tri"	1 – 1 hour Session	30.00	20.00	15.00



Athletescompetitiveedge.com