



AthletiCamps Individual Triathlon Coaching Options

Name/Price Monthly	Yearly Planning	Program Delivery	Contact w/Coach (Email/Phone)	Workout Revisions	Data Analysis	Bike Fitting	VO2/LT/Cal	Nutritional Recommendations	Contract Commitment
Platinum \$395*	Yes	Weekly	Unlimited Unlimited	Unlimited	All workouts	One per contract period	3 per contract*	Yes	6 months
Gold \$275	Yes	Bi-Weekly	Weekly 2x per week	1x per week	Weekly	No	No	Yes	6 months
Silver \$175	Yes	Monthly	1x per week 1x per month	1x per month	Bi-Monthly	No	No	Yes	Monthly
Bronze \$99	No	Monthly Overview	No	No	No	No	No	No	Monthly

Please note that a \$49 start-up fee applies to all individual triathlon-coaching packages.
Prices as of 8/15/13

* Includes the following options: VO2 bike, Lactate bike, Swim form/stroke analysis and/or Running form analysis.