

Coaching Programs-Cycling

The Plan	Grasshopper	Apprentice	Performance	Master
-Customized plan	Yes	Yes	Yes	Yes
-Revisions	once/ week	once/ week	twice/ week	unlimited
-Power Analysis	weekly	weekly	daily	daily
-Strength and Core	General	General	Custom-1/month**	Custom-1/week**
-Nutrition	General	General	General	Individual
-Tactical Advice for racing	Yes	Yes	Yes	Yes
Communication				
-phone, client initiated	once/ month	once/ month	once/ week	unlimited
-phone, coach initiated	No	No	once/ week	unlimited
-ride time	No	No	once/ month**	once/ week**
-email, client initiated	once/ week	once/ week	once/ day	unlimited
-email, coach initiated	once/ month	once/ month	once/ week	unlimited
Discounts				
-camps and clinics	No	No	5%	15%
-Retul bike fits	10%	10%	25%	25%
-LT testing	10%	10%	25%	25%
-Indoor classes**	10%	10%	20%	100%
-Merchandise	20%	20%	20%	20%
Cost / 4 weeks	\$150*	\$200	\$300	\$500

Coaching Programs-Triathlon

The Plan	Grasshopper	Apprentice	Performance	Master
-Customized plan	Yes	Yes	Yes	Yes
-Revisions	once/ week	once/ week	twice/ week	unlimited
-Power Analysis	No	weekly	daily	daily
-Strength and Core	General	General	Custom-1/month**	Custom-1/week**
-Nutrition	General	General	General	Individual
-Tactical Advice for racing	Yes	Yes	Yes	Yes
Communication				
-phone, client initiated	once/ month	once/ month	once/ week	unlimited
-phone, coach initiated	No	No	once/ week	unlimited
-ride or run time	No	No	once/ month**	once/ week**
-email, client initiated	once/ week	once/ week	once/ day	unlimited
-email, coach initiated	once/ month	once/ month	once/ week	unlimited
Discounts				
-camps and clinics	No	No	5%	15%
-Retul bike fits	10%	10%	25%	25%
-LT testing	10%	10%	25%	25%
-Biomechanical Gait Analysis	10%	10%	25%	25%
-Swim Analysis	10%	10%	25%	25%
-Indoor classes**	10%	10%	20%	100%
-Merchandise	20%	20%	20%	20%
Cost / 4 weeks	\$175	\$225	\$325	\$500

Coaching Programs-Running

The Plan	Grasshopper	Apprentice	Performance	Master
-Customized plan	Yes	Yes	Yes	Yes
-Revisions	No	No	Once/week	unlimited
-Strength and Core	No	General	General	Custom-1/month**
-Nutrition	No	General	General	Individual
-Tactical Advice for racing	No	Yes	Yes	Yes
Communication				
-phone, client initiated	No	No	once/ week	unlimited
-phone, coach initiated	No	No	No	unlimited
-Individual workouts	No	No	once/month	once/week
-email, client initiated	once/ week	once/ week	once/ day	unlimited
-email, coach initiated	once/ month	once/ month	once/ week	unlimited
Discounts				
-camps and clinics	No	No	5%	15%
-Biomechanical Gait Analysis	10%	10%	25%	25%
-LT testing	10%	10%	25%	25%
-Personal Training session	10%	10%	20%	30%
-Merchandise	No	20%	20%	20%
Cost / 4 weeks	\$50*	\$100	\$150	\$250

* Athletes 23 and under **Individual rides and strength sessions performed from Bend, Oregon Location.
 Athletes on the Master Program will have use of the Rebound Sports Performance Center.
 All programs require a 3 month commitment and a \$75 startup fee. All programs will utilize our online coaching software to facilitate daily workouts and training zones using heartrate or power.