

Zeren Triathlon Coaching Options



DELIVERABLES	PERFORMER	PR	PODIUM
Workouts			
Delivery	Every 1-2 wks	Every wk	Every wk
Workout modifications	None	1/wk	As needed
Tech requirements	Heart rate monitor/GPS watch	HR monitor/GPS watch, Bike Power meter encouraged	HR monitor/GPS watch, Bike Power meter encouraged
Minimum Monthly Commitment	4mths	8mths	12mths
Communication			
Workout feedback	1x/wk in TP	2x/wk in TP	3x/wk in TP
Initial phone consultation (IC) prior to coaching	Yes	Yes	Yes
Weekly emails	Yes - 1x/wk	Yes - 2x/wk	As needed
Phone Calls	1x/mth	1x/wk	2x/wk
Text messaging	No	No	Yes
Training Peaks			
Training Peak Review	1x/wk	2x/wk	5x/wk
Training Peaks Account	Basic	Basic	Premium
Testing			
Testing	Provided throughout season	Provided throughout season	Provided throughout season
Strength & Drills			

Strength & Drills	Strength training included in training plan, with video links	Strength training included in training plan, with video links	Strength training included in training plan, with video links
<i>Nutrition</i>			
Nutrition	Education provided throughout season	Education provided throughout season and specific evidence based fueling strategy around race day	Education provided throughout season and specific evidence based fueling strategy around race day
<i>Cost</i>			
Cost	\$225/4wk block	\$300/4wk block	\$375/4wk block