

Zeren Run Coaching Options



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

	included in training plan, with video links	included in training plan, with video links	included in training plan, with video links
Nutrition			
Nutrition	Education provided throughout season	Education provided throughout season and specific evidence based fueling strategy for around race day	Education provided throughout season and specific evidence based fueling strategy for around race day
Cost			
Cost	\$200/4wk block	\$250/4wk block	\$300/4wk block
Start Up Fee	\$50	\$50	\$50