

# Zeren Run Coaching Options



DELIVERABLES	PERFORMER	PR	PODIUM	PODIUM PLUS
<b>Training Session</b>	N/A	N/A	N/A	Private 1 hr session <i>(in person, expires every 28 days, must be scheduled by client)</i>
<b>Workouts</b>				
Delivery	Every wk	Every wk	Every wk	Every wk
Workout modifications	None	1/wk	As needed	As needed
Tech requirements	Heart rate monitor/GPS watch	HR monitor/GPS watch	HR monitor/GPS watch	HR monitor/GPS watch
Minimum Monthly Commitment	4mths	8mths	1yr	1yr
<b>Communication</b>				
Workout feedback	1x/wk in TP	2x/wk in TP	3x/wk in TP	3x/wk in TP
Initial Consultation (IC) prior to coaching	Yes	Yes	Yes	Yes
Weekly emails	Yes - 1x/wk	Yes - 2x/wk	Yes - as needed	Yes - as needed
Phone Calls	1x/mth	1x/wk	2x/wk	2x/wk
Text messaging	No	No	Yes	Yes
<b>Training Peaks</b>				
Training Peak (TP) Review	1x/wk	2x/wk	5x/wk	5x/wk
TP Account	Basic	Basic	Premium	Premium
<b>Testing</b>				
Testing	Provided	Provided	Provided	Provided throughout

	throughout season	throughout season	throughout season	season
<b><i>Strength &amp; Drills</i></b>				
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	Strength training included in training plan, with video links
<b><i>Nutrition</i></b>				
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	Education provided throughout season and specific evidence based fueling strategy for around race day
<b><i>Cost</i></b>				
Cost*	\$275/4wk block	\$350/4wk block	\$425/4wk block	\$500/4wk block
Start Up Fee	\$50	\$50	\$50	N/A

\*Zeren Performance reserves the right to increase its coaching rates from time to time to ensure we position ourselves to deliver the best possible experience for our athletes. We will provide clients with written notice 28 days in advance of doing so. Clients who choose to continue their training will be charged the increased dues in the next 28 day billing cycle after the increase has been implemented.