

Basic Coaching Package

The Basic Package is designed to separate the two main features of Gold Level and offer each by itself. Athletes who appreciate a high degree of self-sufficiency can choose to receive either just a custom training plan with limited follow-up support, or unlimited support from a coach while you follow a training program of your own choosing.

Option 1: The Training Plan only, includes:

- A free, non-committal 15 minute conversation to determine if the Basic Package is right for you
- A 60-minute intake to help me determine your athletic goals, current physical fitness, and available training resources.
- A fully customized training plan for a starting period of three 4-week training blocks.
- Video instruction for your custom strength workouts, with new videos added regularly
- For local athletes, discounted in-person training sessions. Zoom sessions may be subbed in if we do not live in the same place.

Option 2: The Regular Feedback only, includes:

- A free, non-committal 15 minute conversation to determine if the Basic Package is right for you
- A 60-minute intake to help me determine your athletic goals, current physical fitness, and available training resources.
- Regular feedback from me. This includes:
 - Instruction on filling out an online training log
 - Regular comments and feedback from me on your recorded training
 - Unlimited consultation via text, email and video chat.
 - Weekly check-ins from me

Who should this level? This option is ideal for athletes with a high degree of self-sufficiency in their training, but who would benefit from a professionally written training plan. Athletes who are already following a training plan they enjoy but would benefit from access to a personal coach may also enjoy this program.