

Gold Level

My most popular coaching package

This is the place to be if you're ready to improve your physical training, recovery, goal-setting, strength training, and injury prevention/prehab, and get *more* out of the work you're already putting in. Gold Level coaching will teach you *why* your workouts work and how to supercharge them, not simply how to follow a plan.

Because it is my goal to develop a close relationship with my athletes, I can accept a limited number of athletes for Gold Level personal coaching. However, this package is NOT limited to athletes with high-level performance goals. I have coached athletes who are just learning to ski, runners setting new course records, and everyone in between!

What's included?

- A free, non-committal 15 minute conversation to determine if Gold Level 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
- For local athletes, one free in-person training session and discounted additional sessions. A zoom session may be subbed in if we are not in the same place.
- Video instruction for your custom strength workouts, with new videos added regularly
- Discounted access to online live and recorded classes
- 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, with adjustments to the training plan if necessary.

Who should choose this level? This plan is for athletes who will benefit from a high degree of attention, support, and accountability. Many athletes train more effectively when they have a coach to report to at the end of the day. As your personal coach I can offer just that, giving you feedback on each workout and making adjustments to the plan as needed, in addition to being available for all of your training questions.