

Personal Coaching Fees 2009/10

Platinum

Gold

Coaching Call Frequency

Weekly 20 minutes + 'Anytime' Mobile Calls

Weekly 20 Mins

Workout Schedule Delivery

Weekly outline with specific supplied daily

Weekly

Email Support

Unlimited

Unlimited

SMS Support

Unlimited

Unlimited

Discount on 'Position Sense' cycle fitting session*

100% Included*

25%

Discount on Video Swim Analysis*

100% Included*

20%

Discount on 'Focus on You' Weekends*

100% On first session 30% each subsequent

25%

Also included...

Unlimited Access to client Website (Currently contains over 240 resource items and growing!)

Discounts on ebooks and other products as they are released

Priority booking on coaching events.

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Maximum Number of coaching Places

2

1 available

15

1 available

Cost**

£300 per Month

or

£1700 per 6 Months

or

£3100 per 12 Months

£125 per Month

or

£697 per 6 Months

or

£1297 per 12 Months

* Conditions Apply, Please ask for further details

** ALL PLANS ARE SUBJECT TO A £60 START-UP FEE