



BioEndurance

Physical Therapy & Performance

Triathlon Coaching Options

	Tier 1 Starting Line	Tier 2 Committed	Tier 3 All In
Program Delivery	Every 2 weeks	Every 2 weeks	Every 2 weeks
Equipment Recommendations	Heart Rate Monitor + GPS Watch	Heart Rate Monitor + GPS Watch, Bike Power Meter	Heart Rate Monitor, GPS Watch + Bike Power Meter
Workout Adjustments	1x/week if necessary	2x/week if necessary	As needed
Feedback	1x/week	3x/week	4x/week
Initial Consultation	Included	Included	Included
Emails	1x/week	2x/week	As needed
Phone Calls	1x/month	1x/week	2x/week
Text Messages	No	No	Yes
TrainingPeaks Account	Basic	Premium	Premium
Strength	Evidence-based strength advice and coaching	Evidence-based strength advice and coaching	Evidence-based strength advice and coaching
Nutrition	Education on proper nutritional intake during racing	Education on proper nutritional intake during racing/training + evidence-based recommendations	Education on proper nutritional intake during racing/training + evidence-based recommendations
Minimum Monthly Commitment	6 months	9 months	12 months
Cost	\$200/month	\$300/month	\$400/month

***BioEndurance Physical Therapy & Performance LLC retains the right to adjust fees/costs as needed. This is an effort to ensure the highest quality and personalized coaching and planning to meet the needs of our clients. Clients would be notified of potential price increase in writing at least 3 weeks prior to the increase.