

Training Plan Levels	Aluminum	Titanium	Carbon
Items and Pricing Info			
Fitness Assessment (Included with program set up)	Basic	Advanced	Advanced Plus
Heart Rate (HR) / Power Test	\$30	\$20	Free
Blood Lactate Test	\$80	\$65	\$50
Bike Fitting	\$50	\$40	\$30
Road / MTB Skills and/or Techniques - per hour	\$25	\$20 or Free w/One on One time	\$15 or Free w/ One on One time
Mechanic Classes	10% Off	20% Off or Free w/One on One time	30% Off or Free w/One on One time
Special Training Programs	30% Off	50% Off	Free
SW Cycling Products (Nutritional Products, Clothing)	10% Off	15% Off	25% Off
Training Programs	Custom	Custom - Advanced	Custom – Advanced Dynamic
Strength Training Instruction	Included	Included	Included
Flexibility Instruction	Included	Included	Included
One on One Coaching	Extra - \$30 per hr	1x Month = 1hr Total	2x Month = 2hr Total
Email Consulting	2x Month	1x Week	Unlimited or as needed
Phone Consulting	1x Month	2x Month	1x Week or as needed
Data Tracking – HR, Power, Speed, Distance, Time, etc	Basic Graphing	Basic Graphing	Advanced Graphing
Data Review and Analysis	Basic – 1x Month	Advanced – 2x Month	Advanced – 1x Week or as needed
Training Nutrition Instruction	Basic	Advanced	Advanced
Training Peaks Account Included	Basic Account	Basic Account	Premium Account
First Time Sign Up is for 2 Months	\$70	\$110	\$160
Thereafter on a Monthly Basis	\$35	\$55	\$80

A La Carte		
10 Week Century Plan	Century training program w/cycling & strength workouts, flexibility & nutrition info	\$55
10 Week Semi-Custom Century Plan	Same as above – plus training adjusted for type of century (climbing, speed, time, etc)	\$70
12 Week Semi-Custom Century Plan	Same as above – 12 weeks	\$85
10 Week Sprint Tri Program	Short distance Triathlon training program covering all 3 disciplines	\$60
12 Week Sprint Tri Program	Same as above – 12 weeks	\$70
12 Week Half or Olympic Tri Distance	Long distance Triathlon training program covering all 3 disciplines	\$100
4 Week Custom Strength / Conditioning Program	This program will be designed to get the results you need for an event or to reach your fitness goal	\$40
Performance Nutrition Program	Nutrition plan to maximize your performance and add in recovery	\$40 per month
Nutritional Weight Loss Program*	A program to safely loss weight by eating healthy and nutritious	\$55 per month
Nutritional Weight Loss Program – Plus Workout Program*	A program to safely loss weight by eating healthy and nutritious, plus a workout program designed to reach your goal	\$100 per month
	*Weight Loss Plans do not include food or any other supplements.	

Testing and Skills		
Road or MTB Skills and/or Technique	One on One skills/technique training according to your needs and level	\$30 per hour / 1 person
Heart Rate (HR) and/or Power Test	HR / Power testing and calculated training zones according to test numbers	\$40 per person
Lactate Blood Test	HR / Power while testing blood to determine Lactate levels	\$90