

Crew Racing

Coach Caitlin -
Run Coaching



**CREW RACING
AND REHAB**

Performance Coaching and Physical Therapy

Coaching Deliverables

Premium Plus
(for local athletes)

Premium
(Most Popular)



Workout Details



Workout Delivery

Every 1-2
Weeks

Every 1-2
Weeks



Workout Modifications

As needed

As needed



Gear Requirements

Heart rate monitor, GPS
watch

Heart rate monitor, GPS
watch

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Coaching Packages -
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Communication



Workout Feedback



Emails



Calls & Texts

3x/week

3x/week

Unlimited

Unlimited

Yes

Yes

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Strength Training



Strength Training



Nutrition



Nutrition Guidance
Throughout Season

Yes

Yes

Yes

Yes

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| | | |
|---|---|---------------|
|  Commitment Period | | |
|  Commitment | 6 months | 6 months |
|  Training Platform | TrainingPeaks | TrainingPeaks |
|  One-on-one private training session | Yes (this is the only difference between premiums plus and premium) | N/A |

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Price



Monthly Cost

\$425/month

\$300/month



Start Up Fee

\$75

\$75