

# Crew Racing

Coach Caitlin -  
Triathlon Coaching



**CREW RACING  
AND REHAB**

Performance Coaching and Physical Therapy

## Coaching Deliverables

### Premium Plus

### 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, bike, powermeter

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watch, bike, powermeter

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Coaching Packages -  
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Communication



Workout Feedback

3x/week

3x/week



Emails

Unlimited

Unlimited



Calls & Texts

Yes

Yes

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 Strength Training

 Strength Training

 Nutrition

 Nutrition Guidance  
Throughout Season

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Yes	Yes
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Yes	Yes
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 Commitment Period	Yes	Yes
 Commitment	6 months	6 months
 Training Platform	TrainingPeaks	TrainingPeaks
 One-on-one private training session	Yes - this is the only difference between Premium Plus and Premium	N/A

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Price



Monthly Cost

\$625/month

\$500/month



Start Up Fee

\$75

\$75

