

1:1 Triathlon Coaching

Coach Heather







**CREW RACING
AND REHAB**

Performance Coaching and Physical Therapy

Coaching Deliverables

1:1 Coaching

 Workout Details	
 Workout Delivery	Every 1-2 weeks
 Workout Modifications	As needed
 Gear Requirements	Heart rate monitor, GPS watch, bike

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 Communication	
 Workout Feedback	2x/week
 Emails	Unlimited
 Calls & Texts	Yes

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 Nutrition	
 Nutrition Guidance Throughout Season	Resources Provided
 Commitment Period	
 Commitment	6 months

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 Training Platform	TrainingPeaks
 Price	
 Monthly Cost	\$300/month
 Start Up Fee	\$75