



AthletiCamps Individual Cycling Coaching Options

Name/Price Monthly	Yearly Planning	Program Delivery	Contact w/Coach	Workout Revisions	Power Analysis	Bike Fitting	Performance Assessments	Nutritional Guidelines	Race Prep	Contract Commitment
Platinum \$275	Yes	Detailed weekly	Weekly	4x per month	Yes	With Plus - 1x	With Plus - 3x	Yes	Yes	6 months
Gold \$225	Yes	Detailed weekly	Weekly	4x per month	No	With Plus - 1x	With Plus - 3x	Yes	Yes	6 months
Silver \$99	No	Monthly overview	Limited through email	No	No	With Plus - 1x	With Plus - 1x	No	No	Monthly/3 months with plus

Prices Effective 10/20/13