



Coaching Fees

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| <p style="text-align: center;">Long Course Athletes</p> <p style="text-align: center;">\$250.00 per month (4 weeks)</p> | <p>For half and full Ironman distance athletes. Tailored, personal plan with fully periodized cycles, detailed workouts, and unlimited email/phone contact with coach (initiated by the client). Daily schedule adjustments made in accordance with your needs.</p> |
| <p style="text-align: center;">Short course athletes</p> <p style="text-align: center;">\$230.00/month (4 weeks)</p> | <p>As above, but for athletes training for Olympic/International distance and shorter races.</p> |
| <p style="text-align: center;">Runners and cyclists</p> <p style="text-align: center;">\$210/month (4 weeks)</p> | <p>As above, but for runners and cyclists (all distances).</p> |
| <p style="text-align: center;">\$60.00</p> | <p>One on one session with coach for current athletes.</p> |
| <p style="text-align: center;">\$70.00</p> | <p>One on one session with coach for NON-current athletes.</p> |
| <p style="text-align: center;">\$180.00</p> | <p>Off season training plan (3 months). Not a tailored plan, but it will have you ready to train hard and smart in the spring!</p> |
| <p style="text-align: center;">\$200</p> | <p>Nutrition consult- includes: total caloric intake, % of macronutrients calculated, food log review, hydration and nutrition suggestions for training and racing.</p> |

There is a \$100.00 initial fee for setting up your account so that your coaching experience will be as tailored as possible to help you meet your racing and training goals. This fee covers the following analyses and planning:

- Physical and mental health history questionnaire
- Training and race history evaluation
- Strategic race season planning (annual training plan)
- Training heart rate zone calculations
- Training and racing gear consultation

These personal plans use a comprehensive approach designed to meet your goals. All TriCoachDara plans are periodized, so that the correct amounts of work, rest, and varied training are balanced to prepare you for peak performance at your selected race/s. Each tailored plan takes your past experiences, current fitness, goals and training abilities into account and balances this with your available training time and life circumstances. All of this will enable you to reach your goals and be successful as you train and race.

Referral Program: If you refer an athlete who signs up to work with me you receive a 50% discount on the following month.