

Cost per month	Bronze Plan	Silver Plan	Gold plan
	£85	£140	£210
Individual Bespoke Coaching Plan	✓	✓	✓
Start-Up Interview/Consultation	✓	✓	✓
Goal Setting Support	✓	✓	✓
Lifestyle analysis and time planning	✓	✓	✓
Goal setting and goal management support	✓	✓	✓
Training Peaks Premium Athlete Edition	✓	✓	✓
Communication Frequency	2 Emails per month	1 Phone call and 4 emails per Month	Unlimited
Support for training with power	✓	✓	✓
Day by Day training set via Training Peaks	✓	✓	✓
Analysis of power files	Monthly	Weekly	Daily
Tactical analysis & tactical development planning	✗	✓	✓
Nutritional support plan for events	✗	✓	✓
Technical Skills Development planning	✗	✓	✓