

TRAINING PLANS

ALL OF OUR TRAINING PLANS ARE COACHED IN A 1-ON-1 CAPACITY. WE WILL BUILD A TRAINING REGIMEN AROUND YOU, YOUR SPORT, POSITION, INJURY HISTORY, AND GOALS IN ORDER TO MAXIMIZE RESULTS AND PERFORMANCE.

	UNLIMITED COACHING	IN-SEASON COACHING	REMOTE COACHING	PROGRAMMING SUPPORT
TRAINING SESSIONS	UNLIMITED	2X PER WEEK	UNLIMITED	UNLIMITED
ATHLETES PER COACH	1/2 INDIVIDUALS	1/2 INDIVIDUALS	1 /2 INDIVIDUALS	1 INDIVIDUAL
COACHING	IN-PERSON + APP	IN-PERSON + APP	REMOTE (APP)	-
PROGRAM UPDATES	MONTHLY + PRIVATE SESSIONS	MONTHLY + PRIVATE SESSIONS	MONTHLY	MONTHLY
ON-BOARDING	(8) PRIVATE SESSIONS	(6) PRIVATE SESSIONS	(1) INTRO CALL OR SESSION	(1) INTRO CALL
CHECK-INS	(2) PRIVATE CHECK-INS / MO	(1) PRIVATE CHECK-INS / MO	UNLIMITED MESSAGING	-

ALL PRIVATE SESSIONS ARE 1 HOUR IN LENGTH, PRIVATE CHECK-INS AND INTRO CALLS ARE 30 MINUTES IN LENGTH