

## Custom Coaching Training Plan Levels & Benefits

### Next Level Pinnacle™

Initial Consultation and program set-up at no charge.

\$385.00 Monthly / 4 week Cycle  
(Minimum 3 months EFT)  
10% discount for full payment in initial month \$2079.00/six months

Fully customized individual training program and calendar design, with seasonal/yearly sport overview. Includes unlimited adjustment and review of annual or seasonal overview as needed.

Goal setting workbook with coach review and feedback. Continual review & feedback.

Bi-weekly review & feedback of training log, including all power and heart rate files.

Unlimited athlete initiated e-mail support, answered within 24 hours

One weekly 30 min phone or web cam consultation, athlete initiated at prearranged time, each additional billed at \$35 per session

40% discount for all JDS Sportcoaching clinics, and training camps.

One 90min individual coached training session w/ lactate field-testing\*. Additional sessions billed at \$85, non-plan regular price \$125.

One lab lactate testing session every 3-month period, included, non-plan price \$125 each.

### Next Level Premier™

Initial Consultation and program set-up Fee \$150.

\$225.00 Monthly / 4 week Cycle  
(Minimum 3 months EFT)  
10% discount for full payment in initial month \$1200.00/six months

Fully customized individual training program and calendar design, with seasonal/yearly sport overview. Includes two adjustments and review of annual or seasonal overview, each additional billed at \$75.

Goal setting workbook with coach review feedback. Continual review & feedback.

Weekly review & feedback of training log, including 4 key power and heart rate files weekly.

Unlimited athlete initiated e-mail support, answered within 36 hours

One weekly 30 min phone or web cam consultation, athlete initiated at prearranged time, each additional billed at \$35 per session.

25% discount for all JDS Sportcoaching clinics, and training camps.

Optional: 90min individual coached training session w/ lactate field-testing for \$95. non-plan regular price \$125.

Optional: One lab lactate testing session every 3-month period billed at \$105, non-plan price \$125 each.

### Next Level Sport™

Initial Consultation and program set-up Fee \$150.

\$100.00 Monthly / 4 week Cycle  
(Minimum 3 months EFT)  
10% discount for full payment in initial month \$540.00/six months

Fully customized individual training programs and calendar design with seasonal sport overview. Optional: adjustment and review of seasonal overview billed at \$75

Monthly review & feedback of training log, including 6 key power and heart rate files monthly.

One weekly athlete initiated e-mail support, answered within 48 hours

One Monthly 30min phone or web cam consultation, athlete initiated at prearranged time, each additional billed at \$35 per session

25% discount for all JDS Sportcoaching clinics, and training camps.

Optional: 90min individual coached training session w/ lactate field-testing billed at \$95. Regular price \$125.

Optional: Lab lactate testing session every 3-month period billed at \$105, non-plan price \$125 each

*All plans include athlete-only discounts on retail products online at JDS Sportcoaching.com*

*\*Training sessions and lactate field-testing available for local athletes only and availability not guaranteed.*