

JDS Sportcoaching LLC  
Generate Your Next Level™

Custom Coaching Training Plan Levels & Benefits

Next Level Pinnacle™

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

\$450.00 Monthly  
(Minimum 3 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.

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

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

Two weekly 30 min phone or web cam consultation, athlete initiated at prearranged time, each additional billed at \$80 per session

20% discount for all JDS Sportcoaching clinics, and training camps.

Optional 90min individual coached training sessions w/ lactate field-testing. Sessions \$100 each.

Recommended for: Competitive Athletes looking for regional/national/Olympic recognition. Professional Athletes looking for the edge.

Next Level Premier™

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

\$250.00 Monthly  
(Minimum 3 months)

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

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

Two weekly 30 min phone or web cam consultation, athlete initiated at prearranged time.

20% discount for all JDS Sportcoaching clinics, and training camps.

Optional 90min individual coached training sessions w/ lactate field-testing. Sessions \$100 each.

Recommended for: Competitive Athletes (Runners, Cyclists, Skiers, Triathletes). Distance Runners and Cyclists. Mtn Bikers. Athletes returning or recovering from an injury.

Next Level Sport™

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

\$150.00 Monthly  
(Minimum 3 months)

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

Bi-weekly 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.

Bi-weekly 30 min phone or web cam consultation, athlete initiated at prearranged time.

20% discount for all JDS Sportcoaching clinics, and training camps.

Optional 90min individual coached training sessions w/ lactate field-testing. Sessions \$100 each.

Recommended for: Athletes returning to their sport after an absence. Climbers. Athletes looking to add EMS into their training toolbox.

877.NXT.LEVEL

303-744-2766

[www.JDSsportcoaching.com](http://www.JDSsportcoaching.com)