

## Next Level Premier™

### Custom Coaching Training Plan Level & Benefits

Initial Consultation and program set-up  
Fee \$125.

\$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 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

One weekly 30 min phone or web cam consultation, athlete initiated at prearranged time, additional  
available  
at no charge

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

Optional: 90 min individual coached training session w/ lactate field-testing for \$105. non-plan regular  
price \$125.

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