

Next Level Sport™

Custom Coaching Training Plan Level & Benefits

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

\$125.00 Monthly / 4 week Cycle
(Minimum 3 months EFT)
10% discount for full payment in initial month. \$625.00/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 30-45min phone or web cam consultation, athlete initiated at prearranged time, each
additional billed at \$25 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