

* as of 3/1/24	ELEVATE ULTRA \$300/month	ELEVATE PREMIUM+ \$230/month	ELEVATE CUSTOM PLAN \$99/month	Group Coaching Denver season rate	Denver and Boulder \$129/session	Reminders:
Initial Call	✓	✓	✓	✓	✓	Email: 1-2 business day response time
Pre/Post A Race Call	✓	✓	✗	✗	✗	Text: 1 business day response time
Pre/Post A Race Email	✗	✗	✓	✗	✗	Race Fees: If you want me to be part of your racing experience, and it works with my schedule, i'd love to be there. The hourly rate is \$129/hour + travel time + any travel fees incurred.
Pre/Post Tune Up Race Call	✓	✗	✗	✗	✗	Race text availability will be indicated in our race call or email
Race Scheduling + Goal Setting Call	✓	✓	✗	✗	✗	
Race Scheduling + Goal Setting Email	✓	✓	✗	✗	✗	
Pace Set up in Final Surge	✓	✓	✓	✗	✗	
Race / Workout Fueling	✓	✓	✓	✗	✗	
7am - 5pm Mon - Fri MST text hours	✓	emergency use only (euo)	euo	euo	euo	
Race text (early morning weekend texts)	✓	at coaches discretion	at coaches discretion	at coaches discretion	at coaches discretion	
Generalized core, hips + glute strength	✓	✓	✓	✓	✓	
Personalized strength	✓	✗	✗	✗	✗	
Group Track Workouts (if local)	✓	✓	✗	✓	✓	
Coaching Calls	✓	✓	✗	✗	✗	
Coaching Call (\$65 / 30 mins)	✗	✗	✓	✓	✓	
Mental Prep and Support	✓	✗	✗	✗	✗	
Email Contact	✓	✓	✓	✓	✓	
Daily Final Surge App Check	✓	✗	✗	✗	✗	
2x week Final Surge App Check	✗	✓	✗	✗	✗	
Weekly Team Email	✓	✓	✓	✓	✓	
Monthly Team Call	✓	✓	✓	✓	✓	
Podcast (as a resource)	✓	✓	✓	✓	✓	
Elevate Run Club (Tues + Sat)	✓	✓	✓	✓	✓	
Coaching Presence at Races (\$129/hour + travel)	✓	✓	✓	✓ (no fee)	✓	