

* as of 3/1/24	ELEVATE ULTRA \$295/month	ELEVATE PREMIUM \$230/month	ELEVATE CLASSIC \$175/month	ELEVATE CUSTOM PLAN \$99/month	Group Coaching Denver season rate	Denver and Boulder \$129/session	ADDITIONAL:
Initial Call	✓	✓	✓	✓	✓	✓	Email: 1-2 business day response time
Pre/Post A Race Call	✓	✓	✗	✗	✗	✗	Text: 1 business day response time
Coaching via Email (A Goal Race Pace Planning, Goal Setting, bi-monthly training updates + communication)	✗	✗	✓	✓	✗	✗	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
Coaching Calls via Phone/Video (A Goal Race Pace Planning, Goal Setting, training check-in's as needed)	✓	✓	✗	✗	✗	✗	Race text availability will be indicated in our race call or email
Daily Final Surge App Check	✓	✗	✗	✗	✗	✗	
2x week Final Surge App Check	✗	✓	✗	✗	✗	✗	
Pace Set up in Final Surge	✓	✓	✓	✓	✗	✗	
Race / Workout Fueling Recommendations	✓	✓	✓	✓	✓	✗	
Generalized core, hips + glute strength	✓	✓	✓	✓	✓	✓	
Personalized strength	✓	✗	✗	✗	✗	✗	
Texting Ability	✓	emergency use only (euo)	euo	euo	euo	euo	
Race text (early morning weekend texts)	✓	at coaches discretion	at coaches discretion	at coaches discretion	at coaches discretion	at coaches discretion	
Email Contact	✓	✓	✓	✓	✓	✓	
Group Track Workouts (if local)	✓	✓	✗	✗	✓	✓	
Coaching Call (\$65 / 30 mins)	✗	✗	✓	✓	✓	✓	
Mental Prep and Support	✓	✗	✗	✗	✗	✗	
Weekly Podcast Resource	✓	✓	✓	✓	✓	✓	
Weekly Team Email	✓	✓	✓	✓	✓	✓	
Monthly Team Call	✓	✓	✓	✓	✓	✓	
Elevate Run Club (Sat - local only)	✓	✓	✓	✓	✓	✓	
Coaching Presence at Races (\$129/hour + travel)	✓	✓	✓	✓	✓ (no fee)	✓	