

| | ELITE \$275 | PERFORMANCE \$225 | CORE \$150 |
|--------------------------------------|----------------|----------------------|------------------|
| INDIVIDUALIZED MONTHLY TRAINING PLAN | X | X | X |
| ADAPTIVE STRENGTH TRAINING PROGRAM | X | X | |
| FREQUENCY OF 1-ON-1 COACHING SESSION | WEEKLY | EVERY OTHER WEEK | EVERY OTHER WEEK |
| MENTAL PERFORMANCE COACHING | X | X | |
| CUSTOMIZED NUTRITION PLAN | X | | |
| TECHNIQUE AND FORM VIDEOS | X | X | |
| STRATEGIC RACE PLANNING | X | X | X |
| NCAA RECRUITING GUIDANCE | X | | |
| RECOVERY TOOLS AND EXERCISES | X | X | X |