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| **Coaching Services** | **Bronze** | **Silver** | **Gold** |
| **PROGRAMMING** |  | | |
| Program Delivery | Weekly | Weekly | Weekly |
| Modifications | None | Weekly | As needed |
| Tech Requirements | Heart rate monitor/ GPS watch | Heart rate monitor/ GPS watch | Heart rate monitor/ GPS watch |
| **COMMUNICATION** |  | | |
| Feedback | Weekly | 2x/week | As needed |
| Initial Consultation (to review goals, current training status, etc.) | Yes | Yes | Yes |
| Phone Calls | 2x/month | 1x/wk | 2x/wk |
| Text Messaging | No | Yes | Yes |
| Emails | Yes | Yes | Yes |
| **FINAL SURGE** |  | | |
| Training Review | 1x/wk | 2x/wk | 5x/wk |
| Account Provided | Yes | Yes | Yes |
| **STRENGTH TRAINING AND WARM UP DRILLS** | Included in all training plans, with video links | Included in all training plans, with video links | Included in all training plans, with video links |
| **COST** | $125 / 4 wk | $150 / 4 wk | $200 / 4 wk |
| **START UP FEE** | $50 | $50 | $50 |
| **MINIMUM COMMITMENT** | 3 months | 4 months | 6 months |
| **RUNNING ANALYSIS & IN-PERSON STRENGTH TRAINING** | 10% off | 20% off | 30% off |

Contact [ekleindpt@gmail.com](mailto:ekleindpt@gmail.com) for any questions. We look forward to hearing from you and helping you achieve your goals!