



FREEFLY ENDURANCE COACHING

Fee Schedule

9/1/2024

Bronze - \$175 / month, \$75 start-up fee

- four week custom training plan via Training Peaks / twelve-month annual training plan
- premium Training Peaks account
- one training plan revision per month
- twice monthly training schedule reviews and feedback within TP
- basic file analysis (HR + Power + Metrics) and power profile testing
- ten (10) athlete-initiated email contacts (24hrs response time, max)
- basic strength balance and proprioception training
- once monthly 30min phone consultation with coach
- integration and tracking of third party services (gear fitting, nutrition, blood testing, etc.)
- nutrition assistance (recommended meals including pre, post and during workouts)

Silver - \$350 / month, \$150 start-up fee

- custom training plan via Training Peaks / twelve-month annual training plan
- premium Training Peaks account
- up to four (4) training plan revisions per month
- weekly training schedule review and feedback within TP
- basic file analysis (HR + Power + Metrics) and power profile testing
- unlimited email/text contacts (24hrs response time, max)
- custom strength balance and proprioception training
- weekly 30min phone consultation with coach
- integration and tracking of third party services (gear fitting, nutrition, blood testing, etc.)
- nutrition assistance (recommended meals including pre, post and during workouts)
- one (1) 60min hands-on start-up evaluation

Gold - \$485 / month, \$175 start-up fee

- custom training plan via Training Peaks / twelve-month annual training plan, one revision
- premium Training Peaks account
- unlimited training plan revisions
- daily training schedule reviews and feedback within TP / via text
- advanced file analysis (HR + Power + Metrics) and power profile testing
- unlimited email/text contacts (24hrs response time, max)
- custom strength balance and proprioception training
- weekly 30min phone consultation with coach
- integration and tracking of third party services (gear fitting, nutrition, blood testing, etc.)
- nutrition assistance (recommended meals including pre, post and during workouts)
- quarterly metabolic testing with INCYDE (PPD)
- one (1) 60min hands-on start-up evaluation

Platinum - \$800 / month, \$200 start-up fee

- custom training plan via Training Peaks / twelve-month annual training plan, unlimited revisions
- premium Training Peaks account
- unlimited training plan revisions
- daily training schedule reviews and feedback within TP / via text
- advanced file analysis (HR + Power + Metrics) and power profile testing
- unlimited email/text contacts (ASAP response time)
- custom strength balance and proprioception training
- twice weekly 30min phone consultation with coach
- integration and tracking of third party services (gear fitting, nutrition, blood testing, etc.)
- nutrition assistance (recommended meals including pre, post and during workouts)
- quarterly lactate metabolic testing with INCYDE
- one (1) 90min hands-on start-up evaluation
- one (1) 90min private hands-on skills or workout instruction

Metabolic Testing with INSCYD

- power performance decoder, non-coached athletes - \$250
- power performance decoder, coached athletes - \$200
- lactate field ramp test, non-coached athletes - \$325
- lactate field ramp test, coached athletes - \$275
- sessions further than 30min may require travel expenses

Private Individual - \$120/hr first hour + \$90/hr each additional hour

- sessions within 30min of Mathews
- sessions further than 30min may require travel expenses

Private Individual Training (coached athlete) - \$95/hr first hour + \$75/hr each additional hour

- sessions within 30min of Mathews
- sessions further than 30min may require travel expenses

Small Group Training - \$30/hr each individual, 4 person minimum, 2hr minimum

- sessions within 30min of Mathews
- sessions further than 30min may require travel expenses
- 8 person per instructor, maximum

Small Group Training (coached athlete) - \$18/hr each individual, 4 person minimum, 2hr minimum

- sessions within 30min of Mathews
- sessions further than 30min may require travel expenses
- 8 person per instructor, maximum

Event Support / In-Race Guidance

- Did you know your coach is available to train you *during* an event or race? Real time race strategy and tactics along with domestique support make for the ultimate training session or maximized 'A' Race effort. Please contact for details and pricing.