



Coaching Fees

Triathletes \$400.00 per month (4 weeks)	Tailored, personal plan with fully periodized cycles, detailed workouts, and unlimited email/phone contact with coach (initiated by the client). Mental skills training and hydration and nutrition specifics also included. Daily schedule adjustments made in accordance with your needs.
Single sport athletes \$350.00/month (4 weeks)	As above
\$70.00	One on one session with coach for current athletes.
\$90.00	One on one session with coach for NON-current athletes.
\$250	Nutrition consult- includes: total caloric intake, percent of macronutrients calculated, food log review, hydration and nutrition suggestions for training and racing.

There is a \$50.00 initial, one time, fee for setting up your account so that your coaching experience will be as tailored as possible to help you meet your racing and training goals. This fee covers the following analyses and planning:

- Physical and mental health history questionnaire
- Training and race history evaluation
- Strategic race season planning (annual training plan)
- Training heart rate zone calculations
- Training and racing gear consultation

These personal plans use a comprehensive approach designed to meet your goals. All TriCoachDara plans are personalized and periodized, so that the correct levels of work, rest, and varied training are balanced to prepare you for peak performance at your selected race/s. Each tailored plan takes your past experiences, current fitness, goals and training abilities into account and balances this with your available training time and life circumstances. All of which will enable you to reach your goals and be successful as you train and race.