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COACHING & TRAINING SERVICES - INDIVIDUAL SPORT PRICING www.SpecialistsInSportsPerformance.com **Web-Based Interaction Training/Coaching** SILVER Contact SSP for availability, GOLD BASIC as space is limited. **Daily Program Monthly Program Customized Training Logs** Yes Yes Yes Yes Yes 24/7 Training Log Access Yes **Workouts Delivered via Email** Yes Yes Yes Track Daily Metrics (weight, sleep, etc) Yes Yes Optional **Upload from 80+ Devices** Yes Yes Optional Yes Interactive Dashboard & Journal Yes **Optional** Mobile Log Access (some phones n/a) Yes Yes **Optional** Calendar sync (Outlook, Google, etc) Yes Yes **Optional** Analysis & review of workouts, data Daily¹ Monthly¹ No files, & metrics Free use of web-based software Yes Yes No **Training Posted** Monthly Weekly Quarterly **Communication – Email** Unlimited¹ Weekly¹ Monthly¹ **Training Updated - Adjustments** Unlimited 1x Month No \$99 \$99 No **Start Up Fee – One time PIF Payment Options** \$300 \$299/month \$169/month 8-12 Week Program Call/email for quote

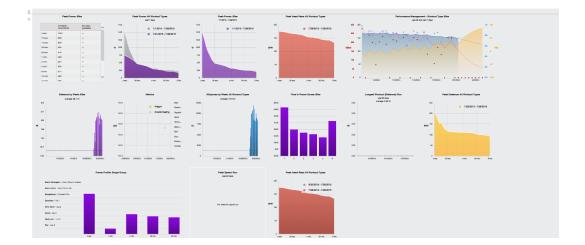
Web-Based Interaction offers highest level of service with software communication.

¹Coach provides service during standard business hours Mon-Friday, excluding holidays and vacations.

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- Customized Training Plans.
- Plans displayed by day, week, month or year
- Unlimited availability to you & unlimited monitoring, analyzing & tweaking from your coach.
- Efficient and accurate feedback and support from anywhere you are in the world.
- Dashboards for log-in info, recorded workouts, nutrition & fitness changes.
- Email notifications for planned workouts are sent daily, from your coach.
- Customized Power, Pace & Heart Rate Zones, based on assessments and data.
- Zones, based on assessments and data.
 Manually enter data such as Distance, Time or Calories Burned. Or, upload your device using FREE DEVICE AGENT or Device Software and watch the fields fill automatically with Elevation Gain, Speed, Heart Rate, Power, and more, depending on your device.
 - Replay your workout in the File Viewer showing key metrics like Heart Rate, Power,
 Speed, Distance and, when combined with GPS, a map of your route.
 - o Share the File Viewer with your friends by email or Facebook.
 - View important data like planned vs. actual time and distance, time in zones, calories burned versus calories consumed, and much more.





Find a Professional

