

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

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

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

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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.
- 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.
 - 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.

