

COACHING & TRAINING SERVICES - INDIVIDUAL PRICING - 2012

Credit Card payments available via your Pay Pal account, in advance of service
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www.SpecialistsInSportsPerformance.com

www.vo2test.com

Web-Based Interaction Training/Coaching

Workout calendar, training logs, nutrition logs, device upload, strength training & photos, training/nutrition charts, summaries, journals & more.

Contact SSP for availability, as space is limited.	PREMIUM Program	BASIC Program	General Program
Customized Training Logs	Yes	Yes	Yes
24/7 Training Log Access	Yes	Yes	Yes
Workouts Delivered via Email	Yes	Yes	No [optional]
Track Nutrition	Yes	Yes	No [optional]
Track Daily Metrics (weight, sleep, etc)	Yes	Yes	No [optional]
Map, upload & record routes	Yes	Yes	No [optional]
Upload from 80+ Devices	Yes	Yes	No [optional]
Interactive Dashboard & Journal	Yes	Yes	No [optional]
Mobile Log Access (some phones n/a)	Yes	Yes	No [optional]
Calendar sync (Outlook, Google, etc)	Yes	No [optional]	No [optional]
Analysis & review of workouts, data files, meals & metrics	Daily ¹	Monthly ²	No
Basic Exercise Videos (if applicable)	Yes	No	No
Free use of web-based software	Yes	No	No
Trainings Logged	1-2 week blocks	1 month block ²	3 Months
Email, Call, Text or In-Person Interaction with Coach	Daily ¹ initiated by client	Weekly ¹ initiated by client	Monthly ¹ initiated by client
Revisions & Adjustments	Daily ¹	Monthly ²	No
Free Assessment From SSP	Yes With Option 2, 3	No	No
OPTION 1 3 mth - paid in full	Call/email for quote	Call/email for quote	3 Month Plan Call/email for quote
OPTION 2 6 Mths – pif w/discount	Save \$25/month	Save \$10/month	
OPTION 3 12 Mths – pif w/discount	Save \$50/month	Save \$25/month	

¹ Coach provides service during standard business hours Mon-Sat, excluding holidays and vacations. Client will receive advance notice of dates coach will be unavailable due to holidays/vacations.

² Once program is posted, requested changes by client are not included in pricing & may incur session fee.



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

- 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.
- Nutrition Logs & Plans
 - Easily find foods in the Nutrition Library from a selection of more than 50,000 items, then record your meal in the Journal.
 - Track cholesterol, protein, fat, carbohydrates, calories and more.
 - Check the number and percentage of calories and grams from fat, protein, carbohydrates and fiber on the Macronutrients pod.
 - Mark frequently recorded foods as Favorites to find even faster next time.

