

# 2018

## Monthly subscriptions – benefits compared

What you receive <i>(coaching services delivered EACH MONTH)</i>	Level 1 – Training plan only	Level 2 – Online coaching 'Light'	Level 3 – Online coaching 'Heavy'	Level 4 – Online coaching 'Bells and whistles'	Level 5 – Online coaching 'VIP'	Details
Customised training plan and workouts setup in <u>TrainingPeaks</u>	Included					
Your workouts send directly to email – every day	Included					
Plan adjusted to your specific workout days	No	Yes				
Entry of your tune-up races in the plan	Self-service		Included			
Changes to plan	0	2	3	5	Unlimited	
Setup your training zones in <u>TrainingPeaks</u>	Self-service		Included			
TrainingPeaks account subscription	Basic		Premium			
Feedback on completed workouts	Not included	On request	Monthly	Weekly	Daily	
Adjusting your training zones	Self-service		Monthly	Weekly	Daily	
Update and review your thresholds	Self-service		Monthly	Weekly	Daily	
Questions (through <u>TrainingPeaks</u> )	0	Unlimited				
Detailed questions (by email)	0	2	4	10	Unlimited	Respond to your emails within 48 hours Monday to Friday between 10 am and 6 pm (GMT)
Emergency questions (WhatsApp and email)	Not included			2	Unlimited	Respond to urgent questions via WhatsApp any time within 2 hours 9 am to 8 pm Monday to Sunday (GMT)
End of plan review	Not included		Included			
Record and analyse your races times	Not included			Included		
30-minute Skype training review call	Not included			Monthly	Weekly	

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## Getting started

You have purchased your 'Onboarding' or 'Restart' package and you are ready to begin the next stage of training with us – now you must select the level of support you want going forward beyond the first 4 weeks.

### Level 1 Package: ‘

(€45.78 / month)

*Our 'budget' package to get you started on our training plans – but without our direct support. Recommended mainly for experienced runners or those who want to rely on booking ad-hoc support calls.*

This plan includes:

- Setup of your training plan and individual workouts in [TrainingPeaks](#)
- Setup of your TrainingPeaks Basic account
- Customising the weekly training to suit the days you can train
- Entry of your tune-up and peak races in [TrainingPeaks](#)
- Access to our closed [Facebook group](#)
- You can join our Strava club (optional)

When using this plan, we recommend signing up for René Borg's '[Educated Runner](#)' [patreon page](#) for **further education** and to book '[Personal coaching consults](#)' when you need input.

*In this plan the onus is on you to inform us of your planned races and other important changes ahead of each month. If we are not informed before we develop the plan for the month, you must make these amendments yourself. If you need this type of support buy a level 2 plan or above.*

The fee for this plan works out at just over **€10 per week**.

## Level 2 Package: 'Light coaching'

(€81.21 / month)

*Our 'standard' package and recommended starting point. Suits the runner who needs some assistance but is happy to do a good bit of leg-work him or herself (pun intended!).*

This package will suit you if you **want regular interaction** while also keeping an eye on the budget. When using this package, you can **ask me anything you want through the workouts in TrainingPeaks** and I will respond within the guaranteed 2 working days (but mostly quicker). In I will answer two detailed questions by email per month.

Included in this package (**bold** are features unique to package 2 and above):

- Setup of your individual training plan and workouts in [TrainingPeaks](#)
- Setup of your TrainingPeaks account
- Customising the weekly training to suit the days you can train
- Entry of your tune-up and peak races in TrainingPeak
- Access to our closed Facebook group
- Access to discounts on Stryd power metre, TrainingPeaks Premium account and VivoBarefoot shoes
- **Two changes to your plan per month**
- **Review of your workouts (on request)**
- **Coaching support via the comment function in TrainingPeaks**
- **Answer two detailed coaching questions by email per month**

In the 'Light' coaching package, the initiative lies with you: **you add your comments and questions and I respond**. I call this 'reactive' coaching – for proactive coaching, you should go for our level 3 package.

*This package works well with ad-hoc '[Personal coaching consults](#)' for **additional interaction**.*

The fee for this plan works out at just over **€18 per week**.

## Level 3 Package: 'Heavy coaching'

(€ 125.19 / month)

This package suits the runner **who wants regular check-ups and guidance** to ensure they are on the right track. In this package **I actively 'look over your shoulder'** checking your workouts within 48 hours once you have synced them to TrainingPeaks and commenting on any issues I see. **When your data changes I proactively change your thresholds**, heart rate zones and other personal information so you do not have to do it yourself.

To facilitate this, you also get a [TrainingPeaks Premium account](#) which includes more advanced analytics features for you. Finally, you receive access to **email support** where you can write me all your **questions** and I will respond within 2 working days with **detailed responses**.

Included in this package (**bold** are features unique to this package):

- Setup of your individual training plan and workouts in TrainingPeaks
- Setup of your TrainingPeaks account
- Customising the weekly training to suit the days you can train
- Entry of your tune-up and peak races in TrainingPeaks
- Coaching support via the comment function in TrainingPeaks
- Access to our closed Facebook group
- Access to discounts on Stryd power metre, and VivoBarefoot shoes
- **Three changes to your plan per month**
- **TrainingPeaks Premium account**
- **Proactive review of your workouts**
- Answer **four** detailed coaching questions by email per month
- **Update and review of your thresholds and training zones**

The fee for this plan works out as **€28 per week**.

## Level 4 Package: 'Bells and whistles'

(€ 269.41 / month)

*Our level 4 and 5 packages are suited for those who are richer in money than time.*

The level 4 package was designed for those of you who need urgent support and very detailed reviews of your training including a monthly 30-minute video call to review your training.

Included in this package (**bold** are features unique to this package):

- Setup of your individual training plan and workouts in TrainingPeaks
- Setup of your TrainingPeaks account
- Customising the weekly training to suit the days you can train
- Entry of your tune-up and peak races in TrainingPeaks
- Coaching support via the comment function in TrainingPeaks
- Access to our closed Facebook group
- Access to discounts on Stryd power metre, and VivoBarefoot shoes
- TrainingPeaks Premium account
- Proactive review of your workouts
- Answer **ten** detailed coaching questions by email per month
- Update and review of your thresholds and training zones
- **Five** changes to your plan per month
- **Out of hours email and WhatsApp support – 2 emergency questions per month**
- **Monthly 30-minute video call (recorded and send to you after)**
- **Recording and analysis of your Personal Best progression**
- **End of plan review**

With the **monthly 30-minute video call**, we can discuss the month's training in detail and the **end of plan review provides you a detailed written report** of what went well and not so well and where training must improve and be modified for the next build-up. The monthly call should generally happen in the first 2-3 work days after completion of the previous month. I also record all your race results, calculate the relative 'VDOT' score and share progression charts with you.

My **out of hours support allows you to contact me outside office hours 10 am to 6 pm and during the weekends**. I will generally try to respond to these urgent questions within 2 hours of receiving them and will inform you ahead of time if I am unavailable for longer than that.

The fee for this plan works out as **€61 per week**.

## Level 5 Package: 'VIP' (the unlimited support plan)

(€ 323.10 / month)

This is the 'access all areas' package: with proactive review of your workouts, weekly calls and end of plan reviews, you will be armed to the teeth with support and you will be learning how to become the best educated runner you can be in record time. On top of that all services – from emails to changes to your plan are UNLIMITED.

The weekly call means you are essentially receiving four one-on-one consults providing tremendous value for money for those who can afford this package. When you are on the VIP package you can be sure that I will always be checking your training before anyone else's. If I see your email in the inbox, it will get priority - no waiting around in the queue.

This package includes all the benefits of the level 4 package but weekly rather than monthly call to review weekly basis providing maximum interaction and almost instant course-correction. The package includes a total of 48 calls assuming over each 52-week annual period.

Included in this package (**bold** are features unique to package 2 and above):

- Setup of your individual training plan and workouts in TrainingPeaks
- Setup of your TrainingPeaks account
- Customising the weekly training to suit the days you can train
- Entry of your tune-up and peak races in TrainingPeaks
- Coaching support via the comment function in TrainingPeaks
- Access to our closed Facebook group
- Access to discounts on Stryd power metre, and VivoBarefoot shoes
- TrainingPeaks Premium account
- Proactive review of your workouts
- Answer **UNLIMITED** detailed coaching questions by email per month
- Update and review of your thresholds and training zones
- **UNLIMITED** changes to your plan per month
- Out of hours email and WhatsApp support – **UNLIMITED emergency emails per month**
- Recording and analysis of your Personal Best progression
- End of plan review
- **WEEKLY 30-minute video call (recorded and send to you after)**

With the **weekly 30-minute video call**, we can discuss each week's training in detail before the 'paint is dry' and 'course-correct' nearly instantly. Remember to go back and read of all the benefits of the previous packages if you like the sound of the weekly but want to know what the other benefits entail.

The fee for this plan works out at just below €75 per week.