

2018

Onboarding packages – benefits compared

What you receive <i>(delivered with your onboarding package)</i>	Onboarding – ‘Standard’	Onboarding – ‘Priority boarding’	Onboarding – ‘Restart’
Analysis of your athlete questionnaire	Included	Included	See below
Analysis of your 4 weeks of testing to establish your strengths / weaknesses and priorities	Included	Included	No
‘Our Tests and Charts’ eBook	Included	Included	Included
‘Getting started with our plans’ eBook	Included	Included	Included
Setup and welcome emails from coach Rene	Included	Included	Included
TrainingPeaks Basic account setup and/or linking to your existing account	Included	Included	Included
Setting up your Training Zones – Heart rate, Pace, and Power	Included	Included	Included
Add to our mailing list, Facebook Insider Group and Strava club	Included	Included	Included
A 30-minute ‘welcome call’ to take you through getting started personally	Not included	Included	Not included
Full analysis of all your historical records (shared through an online platform or Excel)	Not included	Included	Not included
Your Athlete Profile showing whether you’re historically a speed or stamina-dominant runner	Not included	Included	Not included
Analysis of your updated athlete questionnaire	Not relevant	Not relevant	Included
Modifying your Training Zones – Heart rate, Pace, and Power	Not relevant	Not relevant	Included
Email discussion about any relevant changes ‘since last we spoke’	Not relevant	Not relevant	Included

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 3/21/2018

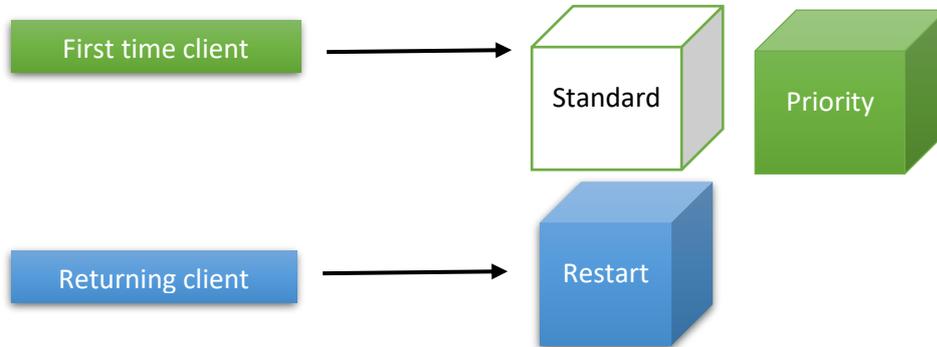


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Getting started

The ‘Onboarding’ package is the first step in getting started with your training.



This document provides details of what’s included in these packages. Once you have selected this you should begin to consider what coaching package you want for the remaining weeks of your plan. These can be purchased separately or at the same time as your onboarding package.

Overview and comparison

You can see the included services per package below. If in doubt always select ‘Standard’.

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Standard Onboarding

(€65.60 – once-off fee)

The normal way to get you started including everything we need to get to know you.

A big part of our work is done when you first come onboard with me as part of the process of ‘getting to know you’. When you first sign-up you buy the ‘Onboarding’ package which includes:

- Analysis of your athlete questionnaire
- 4-weeks of training plan revolving around testing
- Analysis of your 4 weeks of testing to establish your strengths / weaknesses and priorities
- ‘Our Tests and Charts’ eBook

Our Training Plans and Coaching – Onboarding packages compared

- ‘Getting started with our plans’ eBook
- Setup and welcome emails
- TrainingPeaks account setup and/or linking
- Setting up your Training Zones – Heart rate, Pace, and Power
- Adding you to my mailing list, Facebook Insider Group and Strava club
- Access to discounts on Stryd Power Meter and VivoBarefoot shoes

To help spread cost for my clients, you pay only the Onboard / Restart fee in advance when beginning a new plan. Your monthly subscription is then paid at the end of each month – so essentially you pay only once the service has been delivered each month.

Restart package

(€35.54 per restart)

If you continue your subscription without breaks, you will never be charged a ‘Restart’ fee but if you do lapse and come back after a break to purchase a new training plan, I have to charge the restart fee as you must fill out our ‘Updated Athlete Questionnaire’ which I have to analyse to bring myself up to speed with what you have done in the meantime. Restart package thus includes:

- Analysis of your updated athlete questionnaire
- Modifying your Training Zones – Heart rate, Pace, and Power
- Email discussion about any relevant changes ‘since last we spoke’

Priority boarding package

(€85.93 – once-off fee)

I have a special onboarding package for people who want the red-carpet treatment. This includes everything in the normal onboarding package plus the additional services:

- A 30-minute ‘welcome call’ to take you through getting started personally
- Full analysis of all your historical records (shared through an online platform or Excel)
- Your Athlete Profile showing whether you’re historically a speed or stamina-dominant runner
- Your HR, Power, and Pace Charts in a nice printable PDF