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COACHING

Thank you for the opportunity to work with you!

There are three levels of coaching to help you reach your goals and improve your athletic performance.

Training Program with Coaching Analysis

Daily Customized Workouts, Dynamic Training Plan & Weekly Coach Feedback **\$200/month**

- Daily customized training calendar with detailed workouts and guide to training intensity, form and goals.
- In-depth coach analysis of workouts and progress.
- Weekly 20-minute phone call with coach to analyze training effects, progress and direction.
- Texts and emails as needed for clarification throughout the training week.

Training Program with Coaching and Performance Analysis

Daily Customized Workouts, Dynamic Training Plan, Weekly Coach Feedback, Monthly Coach Session **\$300/month**

- Daily customized training calendar with detailed workouts and guide to training intensity, form and goals.
- In-depth coach analysis of workouts and progress.
- Weekly 20-minute phone call with coach to analyze training effects, progress and direction.
- Texts and emails as needed for clarification throughout the training week.
- Monthly training session with coach to provide direct feedback for the athlete. Coach works with athlete to progress skills, analyze technique and evaluate effectiveness in the areas most needed.

Coaching Session

Training session **\$100/session**

- 90minute workout session with coach to provide direct feedback to athlete in a particular area of training (ie: video analysis, drill work, and program focus specific to the athlete).
 - Strength Flexibility Technique Skills Interval training

Please Note: Buddy Training & Group Training is also available for Training Sessions:

\$50/athlete for two, \$35/athlete for three, \$30/athlete for 4-5, \$25/athlete for 6-9, \$15/athlete for 10 or more individuals.