

Smurf & Smurfette

Triathlon Podcast, Coaching & Events



Smurf & Smurfette

The Age Group Triathletes

PO Box 187, Theodore Q 4719

Phone: 0422 286 596

Em: joshua@smurfandsmurfette.com.au

salome@smurfandsmurfette.com.au

Web: www.smurfandsmurfette.com.au

	Triathlon Budget	Triathlon Standard	Triathlon Ultimate
	\$30/week	\$45/week	\$60/week
Suitable For	<i>Beginner and Intermediate triathletes seeking a basic program in the lead up to a Sprint, Olympic or Half Ironman Triathlon</i>	<i>Beginner to Experienced Triathletes seeking an individualized program for a season or in the lead up to a Sprint, Olympic, Half Ironman or Ironman Triathlon</i>	<i>Intermediate to Experienced triathletes seeking a highly individualized program with consistent communication, analysis and modifications to ensure high performance over an extended period of time</i>
Program Type	Standard program delivered via Training Peaks updated fortnightly to meet your life circumstances	Custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated weekly	Full custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated weekly including specific pace/power/HR training
Facebook	Exclusive access to members only Facebook group with videos, tips and resources		
Contact + Response Rate	Email and Training Peaks; maximum 2-3 day response rate	Email, Facebook Messenger and Training Peaks; maximum 24-48 hour response rate	Email, Facebook Messenger, Phone (text/call) and Training Peaks; maximum 24 hour response rate
Training Peaks	Basic Account – weekly notes and feedback on sessions	Basic Account – weekly notes and feedback on sessions	Premium Account (RRP \$9 USD p/month) – notes and feedback on sessions minimum twice per week
Program Review	Monthly	Fortnightly	Weekly
Pre Race Planning	Basic pre-race planning via email or Training Peaks	Custom pre-race planning via email or 20 minute phone/skype	Full custom pre-race planning via email or 30-45 minute phone/skype
Post Race Analysis	Basic post-race planning via email or Training Peaks	Post-race analysis via email or 20 minute phone/skype	Post-race analysis via email or 30-45 minute phone/skype
Coach Catch Up	Not included	Monthly 30 minutes via phone or skype	Monthly 45-60 minutes via phone or skype
Program Modifications	Not included	Maximum 3 per week (24-48 hour turn around)	Unlimited (24 hour turn around)
Annual Training Plan	Not included	Basic Macro and Meso Annual Training Plan with 2-3 month updates	Full custom Macro and Meso Annual Training Plan with monthly updates
Technique Analysis (Video)	Not Included	Not Included	Ongoing technique analysis monthly via video
Program Set Up/Onboarding Fees and Inclusions			
\$50		\$90	
Basic Onboarding <ul style="list-style-type: none"> • Planning and programming survey • Pre-program information pack • 30 minute Skype meeting 		Premium Onboarding <ul style="list-style-type: none"> • Planning and programming survey • Pre-program information pack • 45-60 minute Skype meeting • Swim/bike/run technique analysis (via video) 	