



# Smurf & Smurfette

## Endurance and Recovery

### 2022/23 FEE STRUCTURE

#### JNR RUN/TRI

Weekly Individual Programming via Training Peaks  
Weekly Feedback via Training Peaks  
Text/Email communication as required  
Monthly and/or pre/post race zoom/phone meeting  
Race planning and reflection as required

**RUN - \$30 p/week**

**TRI - \$40 p/week**

add \$5 p/week  
(RUN) or \$10  
p/week (TRI) for  
Cairns squad  
sessions

#### RUN

Weekly Individual Programming via Training Peaks  
Unlimited program adjustments  
Weekly Feedback via Training Peaks  
Weekly data analysis & intermittent testing as required  
Text/Email communication as required  
Monthly and/or pre/post race zoom/phone meeting  
Macro Planning as required  
Race planning and reflection as required

**\$50 p/week**

add \$5 p/week  
for Cairns squad  
sessions

#### TRIATHLON

Weekly Individual Programming via Training Peaks  
Unlimited program adjustments  
Weekly Feedback via Training Peaks  
Weekly data analysis & intermittent testing as required  
Text/Email communication as required  
Monthly and/or pre/post race zoom/phone meeting  
Macro Planning as required  
Race planning and reflection as required

**\$60 p/week**

add \$10 p/week  
for Cairns squad  
sessions

**\*\*Program Onboarding Fee = \$50 (this includes pre-program survey and an initial consultation regarding your individual program)**