



	Personal Training \$60/hour	S&C Program \$30/week	Run Program \$30/week	Triathlon Program \$45/week
Suitable For	<i>Anyone seeking to improve their strength, conditioning and fitness or to lose weight to meet athletic or life goals. (Only available in Cairns and surrounding areas)</i>	<i>Anyone seeking to improve their strength, conditioning and fitness or to lose weight to meet athletic or life goals. Athletes looking to enhance their current performance or help prevent injury</i>	<i>Beginner to Experienced runners of all ages seeking a custom program for a season, in the lead up to a specific event or for an extended period of time. Programs cater for events from 5k to marathons and ultra marathons, road or trail.</i>	<i>Beginner to experienced triathletes of all ages seeking a custom program for a season, in the lead up to an event or over an extended period of time. Programs cater for events from super sprint to Ironman and Ultraman.</i>
Inclusions	<ul style="list-style-type: none"> One on One PT sessions to enhance athletic performance for your specific sport or life circumstances. Sessions can be delivered outside at a location in Cairns or at our Studio in Bentley Park 	<ul style="list-style-type: none"> Custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated fortnightly Exclusive access to the members only Facebook group with videos, tips and resources Guaranteed email, message or Training Peaks response rate of maximum 48 hours Basic Training Peaks account including weekly notes and feedback on training sessions Monthly program review 	<ul style="list-style-type: none"> Custom program delivered via Training Peaks developed to meet your goals, needs and life circumstances, updated fortnightly "Macro" annual training plan with ongoing updates as required Exclusive access to the members only Facebook group with videos, tips and resources Guaranteed email, message or Training Peaks response rate of maximum 48 hours Basic Training Peaks account including weekly notes and feedback on training sessions Monthly program review Pre and post-race planning, reflection and analysis 	<ul style="list-style-type: none"> Custom program (all sessions developed to meet the needs and life circumstances of the athlete) delivered via Training Peaks updated weekly "Macro" annual training plan with ongoing updates as required Exclusive access to the members only Facebook group with videos, tips and resources Guaranteed email, message or Training Peaks response rate of maximum 48 hours Basic Training Peaks account including weekly notes and feedback on training sessions Monthly program review Pre and post-race planning, reflection and analysis
Program Onboarding Fees and Inclusions				
	\$50		\$90	
	Basic Onboarding <ul style="list-style-type: none"> Planning and programming survey Initial set-up meeting (Zoom or Face-to-Face) 		Premium Onboarding <ul style="list-style-type: none"> Planning and programming survey Initial set-up meeting (Zoom or Face-to-Face) Swim/bike/run technique analysis (via video or Face-to-Face) 	