Smurf
Endurance Sports Pty. Ltd.

2024 1:1 COACHING FEE STRUCTURE

JNR RUN/TRI

- Weekly Individual Programming via Training Peaks
- Weekly Feedback via Training Peaks
- Text/Email communication as required
- Race planning and reflection as required
- Access to squad sessions

RUN - $119 p/month
TRI - $159 p/month

RUN 1:1 COACHING

- 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

1:1 with NO Squad
$215 p/month

1:1 with Squad
$235 p/month

TRI 1:1 COACHING

- 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

1:1 with NO Squad
$260 p/month

1:1 with Squad
$280 p/month

**Program Onboarding Fee = $80 (this includes pre-program survey, initial consultation and program set-up)