

	Monthly	Enhanced Monthly	Unlimited
<b>Annual Training Plan</b>	X	X	X
<b>Individualized training plan</b>	X	X	X
<b>Nutrition guidance and review</b>	X	X	X
<b>Planned Call's per month</b>	1	2	4
<b>Plan built</b>	Monthly	Bi-monthly	Weekly
<b>Adjustments</b>	Mid month	Weekly	Unlimited
<b>Data Review + Feedback</b>	Monthly	Bi-monthly	Daily
<b>Pre-rides + group sessions</b>		X	X
<b>Private session in person discount</b>	20%	40%	60%
<b>Unlimited communication</b>			X
<b>TrainingPeaks Premium Account</b>	X	X	X
<b>Monthly investment (+hst)**</b>	\$175*	\$225*	\$319*
<b>Annual payment discount</b>	15%	15%	15%

\*Discounts available for U23/U19 athletes, please contact for more information

For athletes younger than U19 we coach primarily through a local cycling club in a group environment in line with LTAD principles.

\*\*All plans include a price hold guarantee, for as long as you are a client of AWI Coaching your monthly rate will never increase.