

TRIUMPH ENDURANCE COACHING

Call 617.750.7428

www.triumphendurancecoaching.com

Triathlon Coaching	Triumph Plan	Conquer Plan	Pride Plan	Single Sport
Month Fee	\$300 / Month	\$185 / Month	\$150 / Month	\$160 / Month
Setup Fee	Waived	Waived	\$50	Waived
Custom Training Plan (Zwift Compatible)	✓	✓	✓	✓
Functional Threshold Power Testing	✓	✓	✓	✓
Heart Rate Zone Testing / LTHR Testing	✓	✓	✓	✓
Provide a Free Sweat Rate Test	✓	✓	✓	✓
Provide a Free Fueling Plan	✓	✓	✓	✓
Race planning including nutrition, pacing, & strategy	✓	✓	✓	✓
Access to Triumph Endurance Racing Team Events	✓	✓	✓	✓
Ask a coach through the Oracle Portal	✓	✓	✓	✓
Performance Data Analysis	✓	✓	X	✓
Training with Power 101	✓	✓	X	✓
Dietary analysis and recommendations	✓	✓	X	✓
Access to Loaner Compression Boots (If Available)	✓	✓	X	✓
Adjustments to custom training plan	✓	✓	X	✓
Unlimited Communications w/ Coach	✓	✓	X	✓
Private Workout Session	Private One Hour Session A Month	Ability to Purchase	Ability to Purchase	Ability to Purchase
Triumph Endurance Coaching Kit	One Free TEC Kit	Ability to Purchase	Ability to Purchase	Ability to Purchase
TrainingPeaks Account	Premium	Premium	Basic	Premium
Delivery of Plan	2 Weeks in advance	2 Weeks in advance	4 weeks in advance	2 Weeks in advance
Phone Consultation	Unlimited	Unlimited	30 Min / Month	Unlimited
Minimum Commitment	3 Months	None	None	None