

| PLAN TYPE | SUITABLE FOR | INCLUDES | PRICE | EXTRAS |
|------------------|---|---|-------|---|
| CLASSIC | <ul style="list-style-type: none"> • Athletes who need a short/long term plan with detailed sessions • Athletes who want progression to a goal (race or improved performance) | <ul style="list-style-type: none"> • Basic TrainingPeaks/ Self-paid Premium • Email contact or feedback/discussion via Training Peaks Comments • Fortnightly phone consultation to discuss progress • Discounts with partners • Race day Prep & Nutrition Advice | £60 | <ul style="list-style-type: none"> • Training Peaks Premium £7.50 • Ramp Tests £30 • One to One session £30 • Trainerroad £2 a month |
| DYNAMIC | <ul style="list-style-type: none"> • Athletes who need a more specific plan with detailed sessions • Athletes who want progression to a goal (race or improved performance) • Athletes who want their data regularly assessed and plans adjusted to changing needs • Athletes who need more input from the coach | <ul style="list-style-type: none"> • TrainingPeaks Premium • Power Figures analysed and updated weekly • Weekly phone call to discuss progress • Response via text and messenger (within reason) and regular TrainingPeaks Comments • Discounts with partners • Race day Prep & Nutrition Advice • Race Selection Advice and Debrief • Priority given to Peter Lloyd Training Camps | £80 | <ul style="list-style-type: none"> • Ramp Tests £30 • One to One session £30 • Additional Ramp Tests £25 • Trainerroad access £2.00 a month extra |
| DYNAMIC + | <ul style="list-style-type: none"> • Athletes who need a more specific plan with detailed sessions • Athletes who want progression to a goal (race or improved performance) • Athletes who want their data regularly assessed and plans adjusted to changing needs • Athletes who need more personal input/support from the coach • Unlimited Contact with Coach, within reason. | <ul style="list-style-type: none"> • TrainingPeaks Premium • Initial Ramp Test Included • Strength and Conditioning Plan • Power Figures analysed and updated weekly • Weekly phone call to discuss progress • Rapid response via text & messenger and regular Training Peaks Comments • Monthly face to face consultation OR progress test OR one to one cycle session • Trainerroad access included • Discounts with partners • Race day Prep & Nutrition Advice • A Race and B Race Selection Advice & Debriefs • Priority given to Peter Lloyd Training Camps • Additional Reading Material Shared | £100 | <ul style="list-style-type: none"> • Additional Tests £25 • Additional One to One session £25 <p>Prices to 1st December 2018</p> |