

PLAN TYPE	SUITABLE FOR	INCLUDES	PRICE	EXTRAS
Level 1	<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) Athletes are responsible for completing their training. 	<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 	£66 per month.	<ul style="list-style-type: none"> Training Peaks Premium Initial consultation, ramp test and Zone setting-£60 Consultation-£35
Level 2	<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 to be directed by the coach and held responsible for their training attitude. 	<ul style="list-style-type: none"> TrainingPeaks Premium Power Figures analyzed and updated Weekly phone call to discuss progress Response via text and messenger (within reason) and regular TrainingPeaks Comments Discounts with partners Race day Prep & detailed nutrition advice Race Selection Advice and Debrief Priority given to Peter Lloyd Training Camps 	£90 per month.	<ul style="list-style-type: none"> Ramp Tests £35 One to One session £35 Additional Ramp Tests £30
Level 3	<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 via one to one sessions 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 A 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 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 	£120 per month.	<ul style="list-style-type: none"> Additional Tests £25 Additional One to One session £25 <p>Summer 2022</p>