

Coach AI's Coaching Programs for 2011-2012

WHAT'S INCLUDED	GOLD	SILVER	BRONZE - currently unavailable. Check back for updates.	CUSTOM TRAINING PLAN <i>Pricing: TBD depending on length</i>
PLEASE EMAIL COACH AI DIRECTLY WITH QUESTIONS OR TO DISCUSS PRICING & PAYMENT OPTIONS: CoachAI@coach-ai.com				
Training Peaks account with daily Training Log	√	√	√	√
Complete athlete analysis and profile at start of program	√	√	√	√
Personal and Individualized daily workouts training guidance	√ (1 week block)	√ (2 week block)	√ (1 month block)	√ (Length of Plan is Athlete Option)
<i>Unlimited</i> email access to Coach AI (Higher level programs have a higher priority)	√	√	√	One email every two weeks for plan questions
Detailed and Personalized Strength Training- Stretching Programs / Workouts	√	√	Suggested Programs and ST Days Provided	Suggested Programs and ST Days Provided
Comprehensive Phone Consultation for Training Review and Questions	√	√ (2x per month)	√ (1x per month)	Available
Run and Swim Video Analysis of Form and Technique	√	Available at a Discount off of normal pricing	Available at a Discount off of normal pricing	Available
Personalized and detailed Weekly Swim Sessions (triathletes)	√	√	Sample Swim Sessions Provided, with Recommended Days	Sample Swim Sessions Provided, with Recommended Days
Comprehensive "Computrainer" Bike Fitness Testing	√	Available at a Discount off of normal pricing	Available at a Discount off of normal pricing	Available
Email Inspiration and Motivational Messages from Coach AI	√	√	√	
"Team" Pursuit Fitness Discounts on Training Products and Services	√	√	√	
Training with "Power" Support and Guidance	√	√		
Phone & Daily Access to Coach AI for Questions - Workout Feedback	√			
One full day with Coach AI for the purpose of Testing, Learning, and Training. Date and time TBD	√			
Detailed Computrainer "Coaching Software" Workouts	√	√		
Detailed and Personalized Annual Training Plan (ATP)	√			
Free Copy of Runner-CORE DVD and Audio CD	√			



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