

Coaching packages

	Coaching solution for the serious endurance athlete	Coaching solution for the data driven endurance athlete	Coaching solution for the pro-level endurance athlete	Data monitoring program for the data driven coach or athlete	Consulting solution or lecture service
Intake	Online	Online or face-2-face	Online or face-2-face	Online or face-2-face	Online or face-2-face
Training plan	Personalized	Personalized	Personalized		
	Monthly adjustments possible. Athlete or coach initiated	Weekly adjustments possible. Athlete or coach initiated	Adjustments when needed. Athlete or coach initiated		
	Heart rate and RPE based	Power, speed, heart rate and RPE based	Power, speed, heart rate and RPE based		
	FTP based	FTP & Critical power/speed based. Based on Inscyd profile = optional	Power-duration based & based on Inscyd profile		
Digital training platform Trainingpeaks®	Basic account	Premium account	Premium account	Premium account	
Recovery monitoring with HRV4®	Optional	Optional	Daily check	Daily check	
Feedback	Weekly, Trainingpeaks, WhatsApp	Trainingpeaks, WhatsApp, FaceTime	24/7	Weekly to coach	
Physiological tests INSCYD®		Optional	6 tests included (power based)	6 tests / year (power based)	
Data monitoring WKO5®		Optional	Power and speed based monitoring	Power and speed based monitoring	
Report			End of season report	End of season report	
Fee*	350€ / 3 months	750€ / 3 months	2.000€ / 3 months	900€ / 3 months	120€/hour - 800€/day
Optional	Premium account: 12€/month	Inscyd: 3 test package 700€ (power based)	Extra Inscyd tests: 175€/test (power based)	Extra Inscyd tests: 175€/test (power based)	Travelcosts, hotel costs
	Daily HRV4 monitoring: 30€ / month	Daily HRV4 monitoring: 3 month package: 50€	Other services on athlete's request possible.	Moxy monitoring	Report
		WKO5 monitoring: 3 month package: 450€			

* Prices are VAT included. Book and pay your coaching for 1 year and get 7% discount. Book and pay your coaching for 6 months and get 5% discount. (Not valid for optional services).