



ENDORPHIN FITNESS COACHING PLANS

Online Training Plan
Personalized Training Zones
Email Access w/ Expert Coach
Phone Access w/ Expert Coach
Coach Analysis of Workouts
Modifications to Training Plan
Strength Training Plan
Race-Day Strategy / Plan
15% Shop Discount

BASIC

Proven Pre-Built Plan
✓
Unlimited
Coach Initiated
Weekly Analysis
Minor Adjustments
✓
Team Strategy
✓

PERSONAL

Personalized Plan
✓
Unlimited
Unlimited
Weekly Analysis
Unlimited
✓
Personalized Strategy
✓

PERSONAL +

Personalized Plan
Detailed in Training Plan
Unlimited
Unlimited
Daily Analysis
Unlimited
✓
Personalized Strategy
✓

EXPERTISE

Our coaches have guided thousands of people to accomplishing goals from completing their first triathlon to making the podium.

COMMUNITY

Your goals will be achieved with the support of a fun, positive community. We embrace that life is about more than fitness.

RESULTS

We have a track record of developing people of all abilities to amazing fitness which has earned us such honors as USA Triathlon's National Coach of the Year.



WWW.ENDORPHINFITNESS.COM



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