



2019 COACHING STRUCTURE

NEW FOR 2019

PRACTICE PASS

Drop in: \$20
4/month: \$60
8/month: \$120
unlimited: \$140

GROUP

\$175
per month

PERSONAL

\$225
per month

BEST VALUE

PERSONAL +

\$275
per month

	PRACTICE PASS	GROUP	PERSONAL	PERSONAL +
Access to EF practices	✓	✓	✓	✓
Coach Feedback at practices	✓	✓	✓	✓
Coach-built training plan		custom for team races	custom to your races	custom to your races
Customization of Plan		limited	unlimited	unlimited
Strength Training Plan		✓	✓	✓
Race-Day Strategy		team selected races only	team + your races	team + your races
Peluso Open Water membership incl.		✓	✓	✓
Athlete-initated email contact with coach		unlimited	unlimited	unlimited
Phone contact with coach		coach initiated	unlimited	unlimited
Coach initiated feedback on Training Peaks		weekly	weekly	weekly