

Total *Cyclist* PRICING

PERSONAL COACHING PROGRAMS (monthly fee)

Start-Up Assessment	\$	125.00
Bronze	\$	150.00
Silver	\$	225.00
Gold	\$	300.00
Platinum	\$	500.00
Consultation hourly	\$	70.00

COMPUTRAINER RIDES & SERIES

One CompuTrainer Ride - 1 Hour	\$	20.00
Winter Training Series - 6 Sessions	\$	185.00
Winter Training Series - 8 Sessions	\$	245.00
Summer Series - 2 Sessions Per Month	\$	40.00
Summer Series - 4 Session Per Month	\$	80.00
Summer Series - 8 Sessions Per Month	\$	150.00

PERSONAL TRAINING PACKAGES*

Package A: 10 Sessions ¹	\$	350.00
Package B: 20 Sessions ²	\$	650.00
Running Package A: 5 sessions	\$	250.00
Running Package B: 10 sessions	\$	450.00
Running Package C: 15 sessions	\$	600.00

BIOMECHANICAL

Standard Bike Fit with Power/Spin Analysis	\$	135.00
Triathlete/Time Trial (Aero) Fit With Power/Spin Analysis	\$	150.00
"Find A Bike"	\$	300.00

POWER TESTING

Wingate Anaerobic Power Test	\$	75.00
Lactate Threshold Power Test	\$	85.00
Critical Power Combo: 1, 5, 20	\$	110.00
Critical Power Combo as a Group: 1, 5, 20	\$	60.00

METABOLIC & PERSONAL TRAINING

VO2 Max Bike	\$	139.00
RMR (Resting Metabolic Rate)	\$	99.00
Combo: VO2+RMR	\$	170.00
*Combo: VO2+RMR With Training Package	\$	99.00
Personal Training Hourly	\$	65.00

¹ Over 3 Month Period

² Over 6 Month Period

*Note Prices for Adding VO2/RMR to Training Packages

Nutrition Plus

Includes 3 day diet history, phone consult, diet recommendations, training goals, weight goals and age.		125\$
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