

Gold Level

My most popular coaching package

This is the place to be if you're ready to improve your physical training, recovery, goal-setting, strength training, and injury prevention/prehab, and get *more* out of the work you're already putting in. Gold Level coaching will teach you *why* your workouts work and how to supercharge them, not simply how to follow a plan.

Because it is my goal to develop a close relationship with my athletes, I can accept a limited number of athletes for Gold Level personal coaching. However, this package is NOT limited to athletes with high-level performance goals. I have coached athletes who are just learning to ski, runners setting new course records, and everyone in between!

What's included?

- A free, non-committal 15 minute conversation to determine if Gold Level is right for you
- A 60-minute intake to help me determine your athletic goals, current physical fitness, and available training resources.
- A fully customized training plan, for a starting period of three 4-week training blocks
- For local athletes, one free in-person training session and discounted additional sessions. A zoom session may be subbed in if we are not in the same place.
- Video instruction for your custom strength workouts, with new videos added regularly
- Discounted access to online live and recorded classes
- Regular feedback from me. This includes:
 - Instruction on filling out an online training log
 - Regular comments and feedback from me on your recorded training
 - Unlimited consultation via text, email and video chat.
 - Weekly check-ins from me, with adjustments to the training plan if necessary.

Who should choose this level? This plan is for athletes who will benefit from a high degree of attention, support, and accountability. Many athletes train more effectively when they have a coach to report to at the end of the day. As your personal coach I can offer just that, giving you feedback on each workout and making adjustments to the plan as needed, in addition to being available for all of your training questions.

To get started: Let's chat! [Send me a quick message](#) and I'll reach out to schedule a free consultation to see if this package is right for you.