



DENISE YEATS

RESET RECHARGE RECLAIM
REALISING YOUR POWER AT ANY AGE

COACHING PACKAGE OPTIONS

| | PACKAGE 1 £70 | PACKAGE 2 £100 | PACKAGE 3 £120 |
|---|------------------|-------------------|-------------------|
| | Weekly | Within 24 hours | Direct |
| Email/text messaging access to coach | | | |
| Phone/video calls per month | One | One | Two |
| Consultation call and set up | ✓ | ✓ | ✓ |
| Race planning and goal setting | ✓ | ✓ | ✓ |
| Full training plan delivered via Training Peaks | ✓ | ✓ | ✓ |
| Weekly video feedback on training sessions via Training Peaks, Strava, Garmin Connect or other (athlete choice) | ✓ | ✓ | ✓ |
| Training Peaks Premium | | ✓ | ✓ |
| Strength and conditioning session guidance specific to your goals | | ✓ | ✓ |
| Bespoke training sessions adapted to your hormonal cycle | | ✓ | ✓ |
| Nutrition advice - based on your training, hormonal cycle and specific race day planning | | | ✓ |
| Free access to small group online HIIT classes (4 available per month) | | | ✓ |
| Face to face coaching session based on your choice of sports discipline to identify any limiters and suggest corrections* | | | ✓ |

**Three available every 12 months - additional personal coaching sessions available at £50 each, or three for £120*