




Pricing Packages

Performance	One-To-One	Corporate
£120 /month	£35 /hour	£200 /Event
Yearly season race planning	Openwater Swimming	Employee Training Plans
Tailored training plans around your life	Road or MTB	Team Building Days
Unlimited Email and Text message contact	Run	Education
Weekly Skype Meeting or Upon Request	Your Season Race Planning	In Office Sports Therapy Available Upon Request Pre Event
Discounted Sports Therapy	Technique Analysis	
		

Sports Therapy

Massage: £25 /hour

Injury Rehab: £35/30 /hour

Injury Rehab:
First Consultation £35
Subsiquent consultations £30

Kinesiology Tape Application

Strength and Conditioning Suggestions

Rehabilitation Exercises

Get In Touch