

Pricing -

Half/Marathon - 125 =>**150**

Short Distance Tri - 150 =>**200**

70.3 Triathlon - 200 =>**250**

140.6 Triathlon - 250 =>**300**

All clients billed monthly, on the 1st

All Clients will receive -

- **Custom Workouts** - 3-8 sessions a week, including strength and cross training sessions. Built to fit your lifestyle and to pursue your goals.
- **Seamless Programming** - workouts synced from Final Surge to your watch, tablet or trainer
- **Clear and Frequent Communication** - (Bi)Weekly check-ins, feedback, and adjustments
- Training, Race Prep, Pre/Mid/Post training and race nutrition strategies
- **Accountability** from a coach you can trust!
- **Access** to articles with most up to date training theory, recovery methods, and nutrition science
- In-person speed sessions with the rest of Team Tidal, on Nantucket!

Cancellation Notice - We believe in flexibility. If something isn't working for you, it's not working for us. That being the case, we believe in keeping the pricing schedule month-to-month. We also value our coaches' time, so there is a 30 day cancellation notice. Please be considerate.