

Pricing -

Half/Marathon -	125
Short Distance Tri -	150
70.3 Triathlon -	200
140.6 Triathlon -	250

All clients billed monthly, on the 1st

All Clients will receive -

- Custom workouts built to pursue your personal goals, 3-8sessions/wk
- Seamless programming from app to watch, tablet and trainer
- Weekly (Bi-Weekly) checkins, feedback, and adjustments
- In Person Speed Sessions with the rest of the team! (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.