

TRACY COOK SPORTS THERAPY

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Coaching Services

PACKAGES INCLUDE:

BRONZE

CONSULTATION

PERSONALISED PERIODISED TRAINING SESSIONS FOR EACH DISCIPLINE, ANY DISTANCE (SPRINT, OLYMPIC, LONG COURSE, 70.3, IRONMAN), WEEKLY ADJUSTMENTS TO PROGRAMME BASED ON PERSONAL CHANGES TO ROUTINE

TWO WEEKLY REVIEW

(30 MINS MAINTENANCE MASSAGE – MONTHLY £18 INSTEAD OF £28)

£130 PER MONTH (INC SPORTS MASSAGE £148)

SILVER

CONSULTATION

PERSONALISED PERIODISED TRAINING SESSIONS FOR EACH DISCIPLINE, ANY DISTANCE (SPRINT, OLYMPIC, LONG COURSE, 70.3, IRONMAN)

PERSONALISED TRAINING AND RACE TIPS

2 WEEKLY REVIEW & ADJUSTMENTS TO SESSIONS IF REQUIRED IN PERSON OR VIA EMAIL

TRANSITION SESSIONS

WEEKLY ADJUSTMENTS TO PROGRAMME BASED ON PERSONAL CHANGES TO ROUTINE

RACE STRATEGY TIPS

PSYCHOLOGY BASED SUPPORT - MENTAL WELL BEING FOR TRAINING AND COMPETITION

(60 MINUTE MAINTENANCE MASSAGE MONTHLY (£32 INSTEAD OF £48))

£150 PER MONTH (INC SPORTS MASSAGE £182)

GOLD

CONSULTATION

PERSONALISED PERIODISED TRAINING SESSIONS FOR EACH DISCIPLINE, ANY DISTANCE (SPRINT, OLYMPIC, LONG COURSE, 70.3, IRONMAN)

PERSONALISED TRAINING AND RACE TIPS

ONCE A MONTH REVIEW & ADJUSTMENTS TO SESSIONS IF REQUIRED IN PERSON OR VIA EMAIL

RACE STRATEGY TIPS

TRANSITION SESSIONS

RACE PREPARATION

NUTRITIONAL SUPPORT FOR TRAINING

STRENGTH & CONDITIONING PROGRAMME TO SUPPORT TRAINING

TWICE A MONTH REVIEW VIA PHONE/EMAIL
WEEKLY ADJUSTMENTS TO PROGRAMME BASED ON PERSONAL CHANGES TO ROUTINE
PSYCHOLOGY BASED SUPPORT - MENTAL WELL BEING FOR TRAINING AND COMPETITION
MEET ONCE A MONTH
(60 MINUTE MAINTENANCE MASSAGE MONTHLY (£32 INSTEAD OF £48))

£190 PER MONTH (IN SPORTS MASSAGE £222)

PLATINUM

CONSULTATION
PERSONALISED PERIODISED TRAINING SESSIONS FOR EACH DISCIPLINE, ANY DISTANCE (SPRINT,
OLYMPIC, LONG COURSE, 70.3, IRONMAN)

PERSONALISED TRAINING AND RACE TIPS
2 WEEKLY REVIEW & ADJUSTMENTS TO SESSIONS IF REQUIRED IN PERSON OR VIA EMAIL
RACE STRATEGY TIPS

TRANSITION SESSIONS & STRATEGIES
RACE PREPARATION & TRANSITION PLAN FOR RACE DAY
STRENGTH & CONDITIONING PROGRAMME TO SUPPORT TRAINING
NUTRITIONAL SUPPORT FOR TRAINING, RACING AND RECOVERY
OPEN WATER TACTICS
WEEKLY REVIEW VIA PHONE/EMAIL
WEEKLY ADJUSTMENTS TO PROGRAMME BASED ON PERSONAL CHANGES TO ROUTINE
MEET TWICE A MONTH
PSYCHOLOGY BASED SUPPORT - MENTAL WELL BEING FOR TRAINING AND COMPETITION
(60 MINUTE MAINTENANCE MASSAGE MONTHLY (£32 INSTEAD OF £48))

£230 PER MONTH (INC SPORTS MASSAGE £262)