

Overview of the service offered:

Trainings packets	Bronze	Silver	Silver Plus	Gold
Training planning				
Analyses of questionnaire	X	X	X	X
Creation of season planning	X	X	X	X
individual Planning matched to your daily time limitations	X	X	X	X
Day-by-day schedule	X	X	X	X
Training orientated on trainings camps	X	X	X	X
Integration of a strength training in your plan	-	X	X	X
Specific swim schedules	-	X	X	X
Optional Individual adjustments in your plan per month	-	1x	2x	3x
Contact/ Feedback				
Exchange of information by mail before the start of planning	X	X	X	X
Conversation pr. Phone before the start of planning	-	X	X	X
Face-to-face conversation before start of planing	-	-	-	X
Contact during planing pr. Mail	1x/Mon.	1xWeekly	unlimited	unlimited
Contact during the Planning per phone	-	-	1x/Mon.	1x/weekly
Mobile phone number from coach (Calls only between 9-17 on weekdays)	-	-	-	X
Feedback pr. Mail	monthly	weekly	weekly	weekly
Extras				
Spectrometric (Single test or Double test) inclusive	-	-	-	2 or. 1
Preferential cost for spectrometric (single test)	155	150	145	140
Preferential cost for spectrometric (Double test)	270	260	250	240
Personal Coaching inclusive	-	-	-	1h
Personal Coaching pr. hour	-	75€/h	70€/h	65€/h
Analyse of extern tests inkl.	-	-	X	X
cost pr. Monat				
3 Month	90 €	115 €	145 €	300 €
4-6 Month	85 €	105 €	135 €	270 €
7-9 Month	80 €	100 €	130 €	240 €
10-12 Month	70 €	90 €	120 €	210 €
Athletes pr. Coach	10	30	25	5