



2022 Perezluha Coaching Monthly Training Programs

	Podium Limited	Podium	Championship	Platinum
PRICE EACH MONTH	\$149	\$199	\$259	\$449
DAYS PER WEEK	3	7	7	7
CHANGES IN PLAN	Weekly	Weekly	Daily	Daily-Immediate
UPDATES/FEEDBACK ON TRAINING	Weekly	Weekly	Daily	Daily-Immediate
DATA ANALYZATION (POWER, SPEED, HEART RATE)	Weekly	Weekly	Daily	Daily-Immediate
POWER AND HEART RATE ZONES ESTABLISHED	✓	✓	✓	✓
STARTING PHONE CALL CONSULTATION	✓	✓	✓	✓
FACETIME VIDEO CALLS PER MONTH	0	1	2	3
1ST INDIVIDUAL TRAINING RIDE WITH COACH (UP TO 2 HOURS)			✓	✓
20% OFF ONE-ON-ONE TRAINING		✓	✓	✓
ADDITIONAL INDIVIDUAL TRAINING RIDES (UP TO 2 HOURS)	0	0	0	2
DISCOUNTS ON PEREZLUHA COACHING CLOTHING		✓	✓	✓
DISCOUNTS ON PEREZLUHA COACHING CAMPS		✓	✓	✓
SELECT PEREZLUHA COACHING EVENT TRAINING RIDES	✓	✓	✓	✓
IN DEPTH RACE AND EVENT ANALYSIS				✓
IN DEPTH STRENGTH TRAINING AND NUTRITION ANALYSIS				✓
TRAINING PEAKS PREMIUM REQUIRED	✓	✓	✓	✓