

THE ATHLETIC WAY

TRAINING PROGRAM OPTIONS

1. TAW Small Group Program of the Month

With the TAW Program of the Month you will be training with up to 5 other athletes per coach. The training program will be modified as much as possible to your specific needs and adjusted based on your history and goals. You will always have a coach and the program is updated every 4 weeks. This option includes:

- ➔ One hour training sessions that are always coached to ensure proper movement, as well as motivation to train at your best.
- ➔ Nutritional guidance including *The Athletic Way Nutrition Guide*, where you will be learning about the top nutrition principles that will help you achieve the health, performance and results you want and deserve.

2. Semi-Private Individualized Training

With the individualized training program you will be training with up to 5 other athletes per coach. The difference is your program will be designed specifically for you following a thorough evaluation, and if you are coming off of physical therapy, your program will also be a collaboration between your therapist and performance coach. This option includes:

- ➔ A thorough evaluation of your training history, movement and goals.
- ➔ An individualized program designed for your specific needs and ultimate goals.
- ➔ One hour training sessions that are always coached to ensure proper movement, as well as motivation to train at your best.
- ➔ Nutritional guidance including *The Athletic Way Nutrition Guide*, where you will be learning about the top nutrition principles that will help you achieve the health, performance and results you want and deserve.

3. Private Training

With the private training program you will receive all of the benefits of the semi-private training, but you will be one on one with a coach. This option means you will be receiving 100% of the coaching attention during your training session. This option includes:

- ➔ A thorough evaluation of your training history, movement and goals.
- ➔ An individualized program designed for your specific needs and ultimate goals.
- ➔ One hour training sessions that are completely one on one to ensure proper movement, as well as motivation to train at your best.
- ➔ Nutritional guidance including *The Athletic Way Nutrition Guide*, where you will be learning about the top nutrition principles that will help you achieve the health, performance and results you want and deserve.

*4. At Home / Online Program and Add on Off Days

You are designed a training program specifically for you to be completed at home / your gym. Your time to train as well as equipment available will be taken into account. All of the exercises hyperlinked to videos only available for TAW athletes. The videos are in depth with cueing and a visual to see exactly how the exercises are to be performed. This program can also be an add on to any of the above programs...see next page.

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The Athletic Way Pricing			
	4 weeks	12 weeks	24 weeks
TAW Program of the Month			
1 day	\$37/session = \$148	\$37/session = \$444	\$37/session = \$888
2 days	\$34/session = \$272	\$34/session = \$816	\$34/session = \$1632
3 days	\$30/session = \$360	\$30/session = \$1080	\$30/session = \$2160
4 days	\$27/session = \$432	\$27/session = \$1296	\$27/session = \$2592
Individualized Program			
1 day	\$50/session = \$200	\$50/session = \$600	\$50/session = \$1200
2 days	\$47/session = \$376	\$47/session = \$1128	\$47/session = \$2256
3 days	\$43/session = \$516	\$43/session = \$1548	\$43/session = \$3096
4 days	\$40/session = \$640	\$40/session = \$1920	\$40/session = \$3840
Private Training			
1 day	\$85/session = \$340	\$85/session = \$1020	\$85/session = \$2040
2 days	\$80/session = \$640	\$80/session = \$1920	\$80/session = \$3840
3 days	\$75/session = \$900	\$75/session = \$2700	\$75/session = \$5400
4 days	\$70/session = \$1120	\$70/session = \$3360	\$70/session = \$6720
Youth Sessions			
1 day	\$22/session=\$88	\$22/session=\$264	\$22/session=\$528
2 days	\$20/session=\$160	\$20/sessions=\$480	\$20/session=\$960
*At Home Program			
	2x/wk 4 weeks =\$100	3x/wk 4 weeks =\$125	4x/wk 4 weeks =\$150
*Add on Off Days			
	1 day =\$50 (\$25 when training at TAW 2+sessions / week)	2 day =\$80 (\$50 when training at TAW 2+sessions / week)	3 day =\$100 (\$75 when training at TAW 2+sessions / week)

*Consistency and frequency of training is key for optimal progress and longterm results.

For this reason **The Athletic Way** wanted to show our appreciation for your dedication to your training by providing lower rates for more frequent training.

We wanted to applaud you and also show our gratitude with your choice to commit to your health, performance and overall well-being!