

Blackstone Valley Human Performance
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Blackstone Valley Human Performance Coaching Packages

We provide online coaching for multi-sport endurance athletes. We use technology and science to design a program that is specific to ones abilities and goals. We follow established training principles and apply periodization theory that will maximize gains and reduce the potential for injury. Online coaching is sport specific and is intended for those athletes who seek a higher level of training for better athletic performance.

Platinum

\$300.00/month

- \$100.00 setup fee and a 3 month minimum
- Unlimited contact via email or phone
- Online program through Training Peaks
- Monthly testing

Gold

\$250.00/month

- \$100.00 setup fee and a 3 month minimum
- Unlimited contact via email or phone
- Online program through Training Peaks
- Pre and Post V02 and Lactate Threshold testing

Silver

\$100.00***

- 8 week training program
- On line through Training Peaks- additional \$40.00 (\$20/month)
- Bi-weekly contact
- ***Ironman Program 12 week minimum for \$200.00
- Does not include updates or changes to program

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