

Ossenbrink MultiSport Science Inc. / Team Ossenbrink Coaching Packages

Comfort Level

Multi Sport: \$150

Single Sport: \$100

- FREE initial consultation
- Custom Training Plan Design
- Heart Rate based Training
- Online Training Log with HR File Upload function
- FREE TrainingPeaks Premium Account
- Pre- and Post Race Discussions
- Season Strength Training Program
- Weekly training plan adjustment/review
- Monthly Coach access by phone
- 1x/week Coach access by email
- Special discounts on bike fits, performance tests, skill sessions and other services & products
- Minimum 3-month commitment

Sport Level

Multi Sport: \$235

Single Sport: \$195

- FREE initial consultation
- Custom Training Plan Design
- Heart Rate or Power based Training
- Online Training Log with HR/Power File Upload function
- FREE TrainingPeaks Premium Account
- Pre- and Post Race Discussions
- Season Strength Training Program
- Power File Review
- 2x/week training plan adjustment/ review
- Bi-monthly Coach access by phone
- 2x/week Coach access by email
- Special discounts on bike fits, performance tests, skill sessions and other services & products
- Minimum 4-months commitment

Elite Level

Multi Sport: \$300

Single Sport: \$250

- FREE initial consultation
- Custom Training Plan Design
- Heart Rate or Power based Training
- Complementary Bike Fit
- Online Training Log with HR/Power File Upload function
- FREE TrainingPeaks Premium Account
- Pre- and Post Race Discussions
- Sport Psychology Assessments
- Season Strength Training Program
- Power File Analysis
- 3x/week training plan adjustment/review
- Weekly Coach access by phone
- 4x/week Coach access by email
- Special discounts rates on bike fits, performance tests, skills sessions and other services & products
- Minimum 12-months commitment

Pro Level: please contact us

- FREE initial consultation
- Custom Training Plan Design
- Heart Rate or Power based Training
- Complementary Lactate Threshold Test
- Complementary Bike Fit
- Online Training Log with HR/Power File Upload function
- FREE TrainingPeaks Premium Account
- Pre- and Post Race Discussions
- Sport Psychology Assessments
- Season Strength Training Program
- Power File Analysis
- Up to daily training plan adjustment/review
- Daily Coach access by phone and email
- Free Skills Sessions and discounts on other services & products
- Athlete Sponsorship Management
- Minimum 12-months commitment