



ENDORPHIN *FITNESS*

PERSONAL COACHING OPTIONS

| | Performance | Premium | Strength-Only |
|--|-------------------------|----------------------------|---------------------------------|
| Detailed Individual Training Plan | ✓ | ✓ | ✓ |
| Individual Training Zones | Summary Form | Included w/ Every Workout | Weight Targets w/ Every Workout |
| Email Access w/ Expert Coach | Daily | Daily | Daily |
| Phone Access w/ Expert Coach | Weekly | Daily | Weekly |
| Coach Feedback via Training Peaks | Weekly Summary | Daily Response to Workouts | Weekly Summary |
| Modifications to Plan | 4 Modifications / month | Unlimited | 4 Modifications / month |
| Data File Analysis | Review Files | Review & Detailed Analysis | N/A |
| Strength Training Plan | ✓ | ✓ | ✓ |
| Pre-Race Strategy & Post Race Analysis | ✓ | ✓ | N/A |
| Access to EF Training Center | ✓ | ✓ | ✓ |
| EF Shop Discount (excludes bikes) | 15% | 15% | 15% |
| Special Team Bike Deals | ✓ | ✓ | ✓ |
| Access to EF Athlete Guide | ✓ | ✓ | N/A |