

### Light Touch Training Plan Training Agreement:

Please read this and check you're happy with the plan and support offered before progressing, refunds will not be offered once work has begun on your Training Plan.

- **Cost:** £50 if paid every 2 months as £100, or £55 per month if paid monthly.
- **Payment** is by Direct Debit every 2 months/ monthly for the forthcoming months/month. Invoices will be sent a month before they are due (with the exception of the first payment which will be sent before our first call) and must be paid before the plan will be written.
- **Deposit:** Deposit of 1 month refundable against 6th month of training
- **Plan length:** Plan starts on the 1st of month, no minimum but your deposit is only refundable against 6th month of training plan. Invoices are issued in full each month.
- **Coaching calls:** It is **your** responsibility to book a catch up call every 2 months in the allotted slots (if you can't do a call in the available time slots then let me know **before** the call is due). It's up to you to book the call before your current plan runs out, your plan won't be written until this call takes place.
- **Training Peaks:** You'll need to set up a (free) Training Peaks account where I will upload your plan. It's up to you whether you upload your completed training to Training Peaks (I'll be able to help you more if you do because I'll be able to see your training on our calls but if you don't want to/ don't have a training watch, that's fine).
- **Cancellations:** If you wish to cancel the training plan you must cancel by 15th of the month, prior to the next Training Plan update. No refunds will be given once the training plan has been written.
- **The Light Touch training plan** includes:
  - A training plan based on your availability for a standard week i.e. each week will follow the same or similar weekly structure for each 2 month period.
  - A 1:1 coaching call every 2 months.
  - The opportunity to take part in a monthly group coaching call.
  - You can book additional calls (invoiced after the call) as required.
- The plan does not include any updates or changes to the plan once it has been written for that 2 month period, but if you want to discuss how you can adapt the plan if circumstances change (e.g. injury or another reason you are unable to complete training as planned) then you can book an additional coaching call where we can discuss this the best way for you to adapt training (if you want to actually move sessions on Training Peaks you'll need a Training Peaks premium plan (<https://www.trainingpeaks.com/pricing/for-athletes/>)).
- The plan does not include reviews of training completed, ongoing email support, client specific race prep, or drills etc.