



## Sports Performance Coaching Service Schedule

### Breakthrough On-line Performance Coaching

An individually tailored Sports Performance Coaching program designed by your own Sports Performance Coach to take your fitness and conditioning to a new level.

**Includes:**

- On-line Members account and access to all programs, diary and training information.
- Fully periodised training plan, including your necessary training requirements (e.g.- strength program, endurance, speed, power, conditioning, agility, core, flexibility)
- On-line training diary monitoring and feedback
- Unlimited on-line access to your Breakthrough Sports Performance Coach
- 20% discount on Personal Training sessions

**On-line Account fee** \$68 (Annual)

Includes Athlete History review, Needs Analysis, Annual Plan & Account set up

**On-line Performance Coaching** \$17 per week

Programs will be written as required and totally dependant on your needs

*Fees are payable at the start of each 4 week period to maintain your coaching services and account access.*

*Clients are free to stop the coaching program prior to any 4 week payment period.*

### Breakthrough Performance Training Programs

Individual Sports Performance Training programs designed so you can Breakthrough to 'Be your Best'

**Includes:**

- PDF training program/s to suit your sport and training level
- Unlimited on-line support from our Breakthrough Sports Performance trainers
- 20% discount on Personal Training sessions

**Client Analysis** \$36

Includes Athlete History review and Needs Analysis for new clients

**Training Programs**

**1 Program** \$9 per week

**2 Programs** (eg Conditioning and Core) \$13 per week

**3 Programs** (eg Conditioning, Strength and Flexibility) \$16 per week

*Programs are written only on request with no ongoing commitment.*

### Other Break through Sports services

**Group training or PT sessions** \$100 hour  
20% off for Breakthrough Clubs & Athletes

**Breakthrough Performance Program** Free Consultation

The Breakthrough Performance Program is an industry leading sports performance package for Clubs and Coaches that establishes consistent and measurable training methods and maximises performance results.

**Workshops & presentations**

Team goal setting Sessions only \$9 per person, min. of 9.  
Includes worksheets and handouts.

Workshops From only \$75 per hour

*Topics include: Nutrition, Motivation, Mental conditioning, Strength and Conditioning principles, Periodisation for sports training, long term athlete development and program instruction.*

### Are you ready to Break through?

Contact one of the Breakthrough Sports team today.

[team@breakthroughsports.net.au](mailto:team@breakthroughsports.net.au)

[www.breakthroughsports.net.au](http://www.breakthroughsports.net.au)

what gets measured gets results