

NEXT LEVEL COACHING AND FITNESS
“TAKING YOU TO THE NEXT LEVEL”

Distant Coaching Programs

Provided by
Ronny Angell

Basic Program: Personally configured training programs for Running, Cycling, Adventure Racing and other sports. I will create race specific programs to help you achieve your goals this season. You will need to answer several questions that will determine your current level of ability and fitness so we can provide you with a customized training program; all in one complete package, e-mailed directly to you. I will commutate twice through email or phone to help you understand the program and evaluate your progress before building the next month's program.

Personal Coaching Program Level 1: This program includes the basic program customized to your heart rate zones for each sport of your choice, plus personalized coaching by phone and online. I will commutate **four** times through email or phone to help you understand the program and evaluate your progress before building the next month's program. Your program grows with your development, at your pace, towards your goals.

- Building Target Heart Rate Zones from the Lactate Threshold(LT) field test in one sport
- 4 email or phone conversations per month
- Sport specific training program
- Strength training program
- Holistic Lifestyle & Metabolic Typing package(see below)

Personal Coaching Program Level 2: This program includes the basic program customized to your heart rate zones for each sport of your choice, plus personalized coaching by phone and online. I will commutate **six - eight** times throughout the month via email or phone to help you understand the program and evaluate your progress before building the next month's program. I will adjust your workout program **bi weekly** if need be depending on progress. Your program grows with your development, at your pace, towards your goals.

Work one-on-one with me as your personal coach. Includes the basic program customized to your heart rate zones for each sport of your choice, plus personalized coaching by phone and online. Your program will be fine tuned on bi weekly bases with your development, at your pace, towards your goals.

- Building Target Heart Rate Zones from the Lactate Threshold(LT) field test in one or two 2 sports
- 6-8 email or phone conversations per month
- Sport specific training program
- Strength training program
- Holistic Lifestyle & Metabolic Typing package (see below)
- Bi Weekly adjustments to program- if needed
- Bi Weekly Metabolic Typing Fine Tuning (Nutritional) and Holistic Lifestyle (Stress Release) consulting

RONNY ANGELL

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Distant Coaching Rates

Basic program-

\$150/month; \$140/month/3 months; \$130/month/6 months

Personal Coaching Program Level 1-

\$275/month/ 3 months; \$250/month/ 6months

Personal Coaching Program Level 2-

\$500/month/ 3months; \$475/month/ 6 months

***Add on:**

10% off if added to Level 1 or above

Lactate Threshold field test-\$ 30

I will have you perform a Lactate Threshold Test in the sport of your choice. I will analysis the results and determine the different heart rate zones you will be training in during your programs.

Heart rate monitor will be required

60 minute One on One Strength training- \$60*

This is a 60 minute rate of personal training in the strength training arena. These can be done in an indoor or outdoor setting. I will evaluate your strength and flexibly and how it relates to the sport(s) you are wanting to excel in. The program will be build toward the sport(s).

*multiple packages are available with a reduced hourly rate

90minute One on One Skills training- \$ 100*

This is a 90 minute rate of personal coaching in the skills for the sport of your choice. These skills clinics will be held outdoors. I will evaluate your skills and your feedback of where you feel you need the skill training to master your sport(s) successfully.

*multiple packages are available with a reduced hourly rate

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Review Holistic Lifestyle Coaching

Metabolic Typing Analysis - \$150

In the Metabolic Typing Analysis, your answers to 14 questions will be evaluated to determine your genetic makeup for the ratios of carbohydrates, proteins, & fats. I will spend ½ to hour talking to you about the nutritional diet at I will recommend with help you with increased energy, perform, and recover.

Holistic Lifestyle Analysis-\$300

In the Holistic Lifestyle Analysis, your answers to 78 questions in 6 different areas of your life will be evaluated to determine the different stresses being applied to your body. Your body senses good stress and bad stress the same. I will make recommendations to alleviate the bad stress to make room for the health good stress. I will spend an hour talking to you about the ways you could possible improve your lifestyle for a healthier mind, body and spirit.

Metabolic Typing Fine Tuning Consulting- \$35/half hour;\$60/hour(phone or person)

Rate for additional consultation for fine tuning your diet

Holistic Lifestyle Consulting- \$35/half hour;\$60/hour(phone or person)

Rate for additional consultation for fine tuning your lifestyle changes

Holistic Lifestyle & Metabolic Typing package- \$400

- Metabolic Typing Analysis
- Holistic Lifestyle Analysis
- Metabolic Typing Fine Tuning ½ hour Consulting session(phone or person)
 - Holistic Lifestyle ½ hour Consulting (phone or person)

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