

Coaching MULTISPORT (Triathlon – Duathlon)

Pricelist per 1 november 2024

	Tribe training Personalized training program	Competition training Everything you need to reach your goals	Personal training The 100% personal approach, for the athlete who wants to take everything from the trajet
Start up fee Inclusive intake	Included with a +1 year engagement (1)	Included with a +A1 year engagement (1)	Included
Minimal engagement	6 months For shorter trajects: +€20/month	6 months For shorter trajects: €160/month	3 months
Setup year program	Training programs towards well determined goal races	Included	Included
Training program	Monthly	Biweekly, based on personal calendar input	Weekly with daily follow-up. Workouts are fitted in the personal agenda of the athlete
Based on heart rate or power	Intensity based on lactate tests / self tests	Included	Included
Power training & stability program	Not included	Not included	included
Feedback	1 online meet/month	Weekly e-mail/whatsapp	e-mail/telephone/whatsapp by personal needs
Online coaching platform	Trainingpeaks Basic	Trainingpeaks Basic	Trainingpeaks Premium
Lactate testing	Running test: 125 euro Runnng test INSCYD: 225 euro Bike test: 145 euro	Running test: 125 euro Runnng test INSCYD: 225 euro Bike test: 145 euro	1 test per quarter included
Group workouts	Weekly running sessions in Tienen on Monday and Friday; Weekly swimming sessions in Tienen on Tuesday and Sunday (TMT membership)	Weekly running sessions in Tienen on Monday and Friday; Weekly swimming sessions in Tienen on Tuesday and Sunday (TMT membership)	Weekly running sessions in Tienen on Monday and Friday; Weekly swimming sessions in Tienen on Tuesday and Sunday (TMT membership)
Individual sessions	No	Option (2)	Option (2)
On the field coaching during races	No	Option (3)	Option (3)
Investment in yourself (price per month, incl. VAT)	Short distance: € 50 Middle distance: € 70 Long distance: €90	€ 140	€ 250

(1) Engagement shorter than 1 year : €90

(2) €65/h + travel cost €0,48/km

(3) According to individual appointments

Coaching UNISPORT (Running – Cycling)

Pricelist per 1 november 2024

	Tribe training Personalized training program	Competition training Everything you need to reach your goals	Personal training The 100% personal approach, for the athlete who wants to take everything from the traject
Start up fee Inclusive intake	Included with a +1 year engagement (1)	Included with a +1 year engagement (1)	Included
Minimal engagement	6 months For shorter trajects: +€20/month	6 months For shorter trajects: €105/month	3 months
Setup year program	Training programs towards well determined goal races	Included	Included
Training program	Monthly	Biweekly, based on personal calendar input	Weekly with daily follow-up. Workouts are fitted in the personal agenda of the athlete
Based on heart rate or power	Intensity based on lactate tests / self tests	Included	Included
Power training & stability program	Not included	Not included	included
Feedback	1 online meet/month	Weekly e-mail/whatsapp	e-mail/telephone/whatsapp by personal needs
Online coaching platform	Trainingpeaks Basic	Trainingpeaks Basic	Trainingpeaks Premium
Lactate testing	Running test: 125 euro Runnng test INSCYD: 225 euro	Running test: 125 euro Runnng test INSCYD: 225 euro	1 test per quarter included
Group workouts	Weekly running sessions in Tienen on Monday and Friday	Weekly running sessions in Tienen on Monday and Friday	Weekly running sessions in Tienen on Monday and Friday
Individual sessions	No	Option (2)	Option (2)
On the field coaching during races	No	Option (3)	Option (3)
Investment in yourself (price per month, incl. VAT)	Up till 15km: € 35 Half marathon € 50 Marathon: €70	€ 90	€ 250

(1) Engagement shorter than 1 year : €90

(2) €65/h + travel cost €0,48/km

(3) According to individual appointments