



Who is this program for?

- Teams who do not have a full time Strength and Conditioning Coach
- Coaches who want to see their team reach the next level

What This Program Includes (Minimum 6 Athletes)

- Full access to TrainHeroic App
- Bi-Weekly Team Zoom Call With Me
- Unlimited Text & Email Support (Driven by YOU)
- Additional Individual 30 minute zoom calls to answer all your questions / concerns about training & further individualize your program as needed (50\$)
- Add Nutritional Guideline For High Performance Courtesy Of Harrsion Health Coaching for 75\$
- Guided Nutrition Webinar (Questions Driven By YOU) From Hayden Harrison of Harrison Health Coaching (100\$)

Pricing

* 300\$ + gst / month

* 750\$ + gst / 3 month plan (250\$ / month)

* 1350\$ + gst / 6 month plan (225\$ / month)