

RAZOR PERFORMANCE SPORTS



<i>What You're Looking For--</i>	<i>What RPS Provides-</i>	<i>Services</i>	<i>Cost</i>
A. People with similar interests to train with.	Team RPS	Meet athletes of all levels and train together at exclusive running, swimming and cycling workouts designed by our Coaches and Resident Athletes. Regularly scheduled meetings with guest speakers and networking. Participate at races as a member of Team RPS.	\$150 per year or \$10/workout (Razor Sharp Fitness members only).
B. Athletes that are training for a designated RPS race or event.	RPS Event Training Plan	Professionally designed training plan. Monthly Coach-led meetings to discuss issues critical to your race. Day-of-race support. Technical assistance by our Coaches and Resident Athletes.	\$250 per event (\$350 for non-Razor Sharp members).
C. Individualized training plan for a race of your choice.	Individualized Training Plan	Individual assessment of race specific strengths and weaknesses. Professionally designed training plan. Initial testing to identify heart rate training zones to ensure effective training. Technical assistance by Coaches during office hours.	\$250 per event (\$350 for non-Razor Sharp members).
D. One-on-one coaching.	Individual Coaching	Individual assessment of race specific strengths and weaknesses. Professionally designed online training plan for your race, including interactive training log and daily workout reminders. Periodic testing to identify heart rate training zones to ensure effective training. Technical assistance by coaches through email and office hours. One-on-one skills assessment by Coaches.	\$150 per month.
E. Help with a specific problem.	Specialized Services	One-on-one skills assessment. Testing to identify heart rate training zones to ensure effective training. Professional bike fit. Referrals to medical personnel. Compu-trainer fitness and power assessment. Strength training to improve overall performance. Proper stretching and warm-up routines. Body fat and VO2 max tests.	Contact coaches for pricing .