

COMPARE OUR ONLINE PLANS



FEATURES	Individual ADAPTED PLAN	Individual CUSTOM PLAN	Groups CUSTOMIZABLE PLANS
PLAN DEFINITION	A no-commitment short-term plan	TOP SERVICE	The most affordable plan
RENEWALS	GOAL: Single event	Renewal every 12 weeks	Minimum commitment of 3 months
PAYMENT METHOD	Through Training Peaks online store	Credit card secure server (TAX included)	Credit card secure server (TAX included)
Account Training Peaks - BASIC	✓	✓	✓
Account Training Peaks - PREMIUM	TP PREMIUM = TP conditions	TP PREMIUM = 10€/month	TP PREMIUM = 10€/mes
Linked accounts: athlete + coach	✗	✓	✓
The coach configures zones and layout	✗	✓	✓
Customization work/family/social	✗	✓	EXTRA Custom upgrade
Metrics: weight, HR, HRV, menstruation	✗	✓	EXTRA Custom upgrade
Cycling trainings by power	✗	✓	EXTRA Custom upgrade
PMC - Performance Management Chart	✗	TP PREMIUM	EXTRA Custom upgrade
ATP - Annual Training Plan	✗	TP PREMIUM	EXTRA Custom upgrade
DASHBOARD- Advanced views	TP PREMIUM	TP PREMIUM	TP PREMIUM
Training references	Perceived effort and HR zones	ALL (Pace, HR, Power, RPE)	Perceived effort and HR zones
Gym strength plan	✗	✓	EXTRA Custom upgrade
Functional strength plan	Level I exercises	✓	EXTRA Custom upgrade
PRE-Racing plan: strategy and fueling	✗	✓	EXTRA Custom upgrade
POST-Racing analysis	✗	✓	EXTRA Custom upgrade
Report at the end of the season	✗	✓	EXTRA Custom upgrade
Training plan reschedules	✗	UNLIMITED	EXTRA Custom upgrade
Feedback frequency	By Email, answer <48h	Daily Monday to Friday	Weekly or daily
Doubts through Training Peaks chat	✗	✓	✓
Doubts through Email / Wapp	Email <48h	Email + Wapp	Email <48h
Doubts through Videocalls	1 videocall per week	UNLIMITED	1 videocall per week
YouTube tutoring private channel (+100 videos)	1 video per week	YouTube private channel access	1 video per week
Analysis of videos sent by athletes	✗	✓	EXTRA Custom upgrade
Aerofit Online	Special conditions	Includes 1 position per year	Special conditions
Training Camps discount	25%	50%	50%
PDF "Pacing summary"	✗	✓	Special conditions
PDF Swimming athlete details	✗	✓	Special conditions
PDF Cycling athlete details	✗	✓	Special conditions
PDF Running athlete details	✗	✓	Special conditions
PDF Running pacing by MAS	✗	✓	Special conditions
PDF Running modifications by heat and weight	✗	✓	Special conditions
PDF Athlete heart rate variability	✗	✓	Special conditions
PDF Strength summary	✗	✓	Special conditions
PDF Pacing conversions	✗	✓	Special conditions
Folder "Racing history"	✗	✓	Special conditions
Folder "Previous seasons"	✗	✓	Special conditions