



JKT COACHING PRICING

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FIND OUT MORE...

Request a free initial 30 minute consult to discuss how JKT can best assist you! JKT is committed to provide the best level of support to suit every individual regardless of location and offers both virtual or in person consults. Further information can be found through jktcoaching.com.au or by contacting jkt@jktcoaching.com.au

COACHING CLINICS FROM \$200

Individualized programs spread over a weekend or school holiday weekdays suited to coaches and clubs. Sessions are offered in conjunction of club athletes needs and are tailored to suit club goals. Prices are subject to location, coaching staff, accommodation and availability.

GENERAL TRAINING PLANS FROM \$50

General Training programs are delivered via excel and PDF and are available for **one week** with multiple options of sessions for the athlete to pick from or **one month** that provides a more specific guide regarding low and high weeks. Both these options are available for sprint, road or track endurance.

JUNIOR U15-17 INDIVIDUALIZED PROGRAMS FROM \$150

Individualized programs are delivered on Training Peaks which is both an App and a website. These programs allow for bike computers to sync with the system and upload completed training for analysis with user ease. Individualized programs are provided monthly and athletes are not locked in to a specific number of months with JKT. Individual Programming is an excellent option for athletes that are looking for specific training towards their individual goals with ongoing support of JKT Coaches.

U19 INDIVIDUALIZED PROGRAMS FROM \$200

Individualized programs are delivered on Training Peaks which is both an App and a website. These programs allow for bike computers to sync with the system and upload completed training for analysis with user ease. Individualized programs are provided monthly and athletes are not locked in to a specific number of months with JKT. Individual Programming is an excellent option for athletes that are looking for specific training towards their individual goals with ongoing support of JKT Coaches.

U23 AND ELITE INDIVIDUALIZED PROGRAMS FROM \$250

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MASTERS INDIVIDUALIZED PROGRAMS FROM \$300

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