

National Training Center Human Performance Lab Services and Packages

Services	Cost	Triathlete Package #1	Triathlete Package #2	Triathlete Coaching Package	Swimmer Package	Runner Package	Cyclist Package	Weight Management
Maximal Oxygen Uptake Analysis	\$150.00	x	x		x	x	x	x
Lactate Threshold Analysis	\$150.00	x	x			x	x	
Resting Metabolic Rate Analysis w/ Body Composition	\$100.00	x	x		x	x	x	x
Swim Force Stroke Analysis - 1 stroke	\$175.00	x	x		x			
(additional strokes \$40.00 each)	\$40.00							
Swim Lactate Threshold	\$150.00				x			
Swim Stroke Analysis	\$120.00							
Swim Dry-Land Training	\$100.00				x			
Functional Assessment	\$175.00							
Missing Link Test	\$120.00							
Professional Bike Fit	\$175.00		x				x	
Follow-Up Bike Fit	\$100.00							
Computrainer Spin-Scan	\$50.00		x				x	
Coaching Consultation	\$120.00	x		x				
Skill Session (swim, bike or run)	\$100.00	x						
Nutrition Consultation	\$120.00							x
3 Skill Sessions	\$255.00			x				
3 Lactate Threshold Package	\$382.50							
Custom Packages and Group Discounts Available	CALL							
Ala Carte Fee Structure		\$795.00	\$800.00		\$695.00	\$400.00	\$625.00	\$370.00
Package Fee Structure (15%)		\$675.75	\$680.00	\$357.00	\$590.75	\$340.00	\$531.00	\$314.50

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