

WELCOME TO STELLAR SWIM COACHING

- Do you have a goal in mind but are not sure how to get there?
- Are you tired of getting injured and having to swim through a sore neck/shoulder?
- Do you follow a generic program that isn't right for you?

If so, Stellar coaching may be what you need. Here's how coaching will benefit you:

- Have every session mapped out in detail using the worlds best training software
- Can be coached from anywhere in the world, remotely accessible service
- Receive an individualised, versatile program that is right for you
- Receive timely feedback on your training sessions & progress
- Boost your motivation & accountability
- Avoid injury, overtraining & plateaus
- Build a partnership with a coach who is responsive, knowledgeable & invested in your success

PLATINUM PACKAGE



A coach that understands fitness & performance along with injury & rehabilitation

Individualised daily strength, training & mobility programs suited to your lifestyle & delivered in accordance with your goals

30% off all services within the practice

Unlimited access to your physiotherapist coach via email, text & phone

Coaching feedback within 12 hours with adjustments to program based on feedback

Advice on race planning, nutrition, tapering & execution

Personalised swim sets/drills & individualised training paces based on regular testing & goals

Premium Training Peaks account

GOLD PACKAGE



A coach that understands fitness & performance along with injury & rehabilitation

Individualised daily strength, training & mobility programs suited to your lifestyle & delivered in accordance with your goals

20% off all services within the practice

Access to your physiotherapist coach via email & text

Coaching feedback within 24 hours with adjustments to program based on feedback

Advice on race planning, nutrition, tapering & execution

Personalised swim sets/drills & individualised training paces based on regular testing & goals

Premium Training Peaks account

SILVER PACKAGE



A coach that understands fitness & performance along with injury & rehabilitation

Individualised daily strength, training & mobility programs suited to your lifestyle & delivered in accordance with your goals

10% off all services within the practice

Access to your physiotherapist coach via email

Coaching feedback as required

Advice on race planning, nutrition, tapering & execution

Personalised swim sets/drills & individualised training paces based on regular testing & goals

Basic Training Peaks account