



Personal Consulting

Shelly is available for personal consultation at an hourly fee. Personal consultations might include private workouts, technique advice, or simply helping you analyze current training and/or racing practices.

Consultations are also used for the self-coached athlete looking for some objective advice and guidance in his/her training program.

If you would like Shelly to establish a private clinic for you, this too would fall under Personal Consulting.

Common uses for Personal Consulting time include:

- Personal Strength Training
- Private workouts
 - Track workouts or tempo runs
 - Bike pedal stroke analysis
 - Bike Power Analysis
- Video Analysis
 - Swim Stroke
 - Run Gait
- Lactate Threshold testing
- Training Plan review
- Private, personal clinic

Personal Consulting Rate: \$65/Hour, Two-Hour Minimum*

**Two-hour minimum includes coach travel to/from venue. Athlete is responsible for all applicable fees, such as daily health club passes or related travel.*