



# ***Contents***

What is Athletic Coaching?	1
Services	2
Bronze Package	3
Silver Package	4
Gold Package	5

# **Athletic Coaching**

At Athletic Company Limited, we're committed to helping you achieve a healthier, more fulfilling life through personalised coaching. Our expert coaches, from diverse fitness backgrounds, design tailored programmes to match your unique goals—whether you're aiming to improve strength, agility, or overall well-being.

We support you at every step with a focus on sustainable progress and lasting change, enhancing not just your fitness but your quality of life. Join us to unlock your potential and build a healthier, happier future.



# Services

We offer a complete coaching experience to support your health, fitness, and lifestyle goals. Our expert coaches are here to guide you every step of the way with tailored programs designed to deliver lasting results.

## **Personalised Training Plans**

Custom workout plans that fit your goals, fitness level, and schedule to keep you on track and motivated.

## **One-on-One Personal Training**

Individual sessions with our coaches to ensure safe, effective workouts that maximise your progress.

## **Nutrition and Meal Planning**

Customised meal plans to fuel your body, enhance recovery, and support your fitness journey.

## **Lifestyle and Habit Coaching**

Guidance on building healthy habits for a balanced life, from sleep routines to stress management.

## **Fitness Assessments and Progress Tracking**

Regular check-ins to measure your progress, celebrate achievements, and adjust your plan for continued success.

## **Business Coaching for Professionals**

Mentorship in fitness business management, from client relations to strategic growth.

## **BRONZE PACKAGE**

Perfect for those beginning their fitness journey or wanting a simple, effective plan to build consistency and see results.

### ***What's Included:***

- Initial fitness assessment and goal-setting
- Monthly personalised training plan with progress updates
- Weekly check-ins for support and accountability
- Basic nutrition guidance to support your goals
- Monthly progress review to celebrate success and adjust your plan

### ***Ideal For:***

Individuals who want a self-guided plan with structure and occasional guidance.

**PRICE - £150**

## **SILVER PACKAGE**

Designed for those seeking more guidance and motivation, the Silver Package offers frequent coaching and personalised support to keep you on track.

### ***What's Included:***

- Comprehensive initial assessment covering fitness, lifestyle, and nutrition
  - Bi-weekly personalised training plans with tailored updates
  - Weekly one-on-one coaching sessions for technique, motivation, and progress
    - Customised nutrition advice and meal planning, updated bi-weekly
    - Monthly progress reports with detailed tracking
  - Lifestyle and habit coaching to optimise daily routines

### ***Ideal For:***

Those who want consistent guidance, structure, and accountability to achieve their fitness goals.

**PRICE - £300**

## **GOLD PACKAGE**

Our Gold Package offers an all-inclusive, high-touch approach with dedicated support in fitness, nutrition, and lifestyle—ideal for those aiming for transformative results.

### ***What's Included:***

- Full fitness, nutrition, and lifestyle assessment with quarterly reviews
- Weekly personalised training plans with unlimited adjustments
- Three weekly one-on-one coaching sessions, with on-demand support as needed
  - Advanced nutrition coaching, including customised meal plans and ongoing guidance
  - Weekly progress tracking with detailed monthly reports
  - Lifestyle and habit coaching with personalised, sustainable strategies
  - Priority access to physiotherapy and injury prevention sessions
  - Business and career coaching for fitness professionals

### ***Ideal For:***

Individuals committed to major lifestyle changes or seeking a comprehensive, ongoing coaching experience with full support.

**PRICE - £500**