



Tachyon Cost sheet: 2010/2011

Below are the training options with cost per month:

<p>Track: The best option to increase the chances for a Track scholarship is: Option T4.</p>	<p>Speed/Agility:</p>
<p>Track Practice: \$50 Mon, Wed, Sat (\$260/signup) Weight Training: \$80 Tue, Thurs, Sat Online Track Training Program: \$175 (See website for details)</p>	<p>Speed/Agility: \$80 Tue, Thurs (\$100/signup) S/A + Track: \$100 (Speed Agility + 1 Track Practice a week) Y.S.P.T: (Training 4x a week via RCS) See website for details</p>
<p>Option T1 Track Practice: \$50 Mon, Wed, Sat Weight Training: \$80 Tue, Thurs, Sat Total: \$130</p>	<p>Option SA1 Speed/Agility: \$80 Tue, Thurs Weight Training: \$80 Tue, Thurs Total: \$160</p>
<p>Option T2 Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Total: \$175</p>	<p>Option SA2 Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Total: \$205</p>
<p>Option T3 Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Weight Training: \$30 (Weight Training form. Train on your own. We will monitor your progress) Total: \$205</p>	<p>Option SA3 Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Weight Training: \$30 (Weight Training form. Train on your own. We will monitor your progress) Total: \$235</p>
<p>Option T4 Track Practice: \$50 Mon, Wed, Sat Elite Training: \$125 (Track Scholarship program) Weight Training: \$50 Tue, Thurs, Sat (\$30 discount with Elite Training normally \$80) Total: \$225</p>	<p>Option SA4 Speed/Agility: \$80 Tue, Thurs Elite Training: \$125 (Your Sport) Weight Training: \$50 Tue, Thurs (\$30 discount with Elite Training normally \$80) Total: \$255</p>
<p>Online Track Training program (for non members).</p> <ul style="list-style-type: none"> • Bios/Training Profile • Periodization Table • Track Workouts • Nutritional information (via website) <p>Total: \$175</p>	<p>Option SA5 Speed/Agility: \$80. Tue, Thurs Track Practice: \$20. Sat (1 track practice) Total: \$100</p>

Note: All TTC memberships will include free access to the websites Training videos, Warm-up videos, Weight training Videos, Personal Training folders and more. Annual Renewal (payable the 1st of the year) **\$160**