



BOLLES SWIM RECOVERY PACKAGES

***All packages 10% off usual SRA Prices**

BRONZE (\$80.10/month) **SILVER (\$134.10/month)** **GOLD (\$179.10/month)**

***3 month required commitment to all packages**

Hands Free Therapies (air & cold compression therapy, Marc Pro)	6 hands free therapies (valued at \$120-\$150)	8 hands free therapies (valued at \$160--\$200)	10 hands free therapies (valued at \$200-\$250)
Hands On Therapies (Choose from whole body cryo, 30-minute athletic training session)		Two (Valued at \$75-\$80)	Three (Valued at \$105-\$120)
Unlimited Floor Access + 1 recovery drink (used day of treatment)	✓	✓	✓
Additional hands on therapies discounted by 10%		✓	✓
Additional hands free therapies discounted by 50%	✓	✓	✓
Nutrition Packages discounted at 10%	✓	✓	✓



BOLLES SWIM NUTRITION PACKAGES

*All nutrition packages 10-15% off normal pricing	Single Nutrition Assessment (\$65)	BRONZE (\$400)	Silver (\$600)	Gold (\$800)
Nutrition Assessment 1 hr session that discusses specific nutrition concerns , training schedule, and performance goals	✓	✓	✓	✓
Periodized Nutrition Plan Based on calculated nutrient needs for training, performance, and goals. Includes daily nutrition as well as pre/post swim options *Based on food preferences and access to food		✓	✓	✓
Follow Ups (30 minutes each)		Two Total Follow Ups - Monitor/ Evaluate progress -Nutrition for Performance Hydration Strategies -Nutrient Timing	Four Total Follow Ups -Basic Package Inclusions -NSF Supplement Guide in presence of laboratory tests -Fueling across multiple event outlines	Five Total Follow Ups -Silver Package Inclusions -Eating on the Road -Set new Goals ever 2 follow ups
Additional Support/ Accountability		App Tracking x 1 month Email Support throughout package	App Tracking x 2 months Email Support throughout Package	App Tracking Until Program expired (4 months to use program) -Email Support Weekday 8am -6 pm text support
Grocery Store Tour Learn how to navigate the grocery store yourself!				✓