

Nils Marquardt - TPF Coaching



Personal coaching

1 session: 1,700

5 sessions: 8,000

10 sessions: 15,000

- ▶ 60-80min 1-on-1 session
- ▶ consultation & goal setting beforehand online or in person
- ▶ focus on technique analysis & development
- ▶ help with program design

Personal coaching-2 persons

1 session: 1,100 each

5 sessions: 5,000 each

10 sessions: 9,000 each

- ▶ 60-80min partner session
- ▶ consultation & goal setting beforehand online or in person
- ▶ focus on technique analysis & development
- ▶ help with program design

Regulations

- ▶ 24h cancellation for both parties
- ▶ packages are valid for 3 months (10 sessions) and 1 month (5 sessions)
- ▶ sessions take place at the TPF Elite Training Center

Online coaching

4 weeks: 3,000

12 weeks: 7,500

- ▶ customized individual programming
- ▶ online consultation to assess client's initial situation and goals
- ▶ given in 4-week blocks, based on feedback
- ▶ communication via email, whatsapp, line
- ▶ technique analysis of recorded lifts

Online coaching-elite

4 weeks: 5,000

12 weeks: 12,000

- ▶ customized individual programming
- ▶ online consultation to assess client's initial situation and goals
- ▶ reactive & weekly updated, based on feedback
- ▶ includes a weekly 30min skype session
- ▶ communication via email, whatsapp, line with 24h response guarantee
- ▶ corrective exercise recommendations & mobility drills
- ▶ technique analysis of recorded lifts
- ▶ competition preparation available

