

## TPR Packages

Whatever your business needs, we have a package to suit you. For more information just click the links below.

...And if you need any more information or would just like to have a chat about the options or to arrange a demo, just get in touch with Julia by email at [julial@planetK2.com](mailto:julial@planetK2.com) or call her on 07795 280191

### 1. Base subscription

### 2. Link to your business

### 3. Add a touch of K2

### 4. Embed in your DNA

# 1. Base subscription

*Subscription to TPR for as many users as you like, plus support from us to help you maximise the impact.*

Here's what's included in this option:

- » **TPR Membership for all users**  
Including access to kitbags, training plans, unlimited downloads of guides, tools, videos and viewpoints, a locker to store favourites, The Performance Cafe, athlete at work online® and access to 'ask an expert'
- » **Live webinar with a K2 Coach**  
For key sponsors to help get you started and create the maximum impact
- » **Introductory video of how to use**  
A pre-recorded video showing users a step by step guide to get the most out of TPR
- » **Ongoing coaching support**  
A K2 Coach to support your business to maximise membership, including admin support to help with implementation and ongoing maintenance

## Investment

User Band	Cost per month	Cost per user per month
10 users	£100	£10
25 users	£200	£8
50 users	£300	£6
100 users	£500	£5
250 users	£750	£3
500 users	£1000	£2
1000 users	£1500	£1.50
Unlimited users	£2000	-

## 2. Link to your business

*Go one step further - we'll help bring your business initiatives to life by helping you link them to TPR in a simple and relevant way.*

You'll get all the features of the Base subscription with the addition of:

» **Linking TPR to your business initiatives**

You'll have a K2 performance expert spend a day with you and your team where you'll learn how to use The Performance Room to help fit with your development priorities and core competencies

## 3. Add a touch of K2

*Enhance the learning experience by adding face to face coaching sessions - from 45 minute sprints to signature 2-day programmes.*

You'll get all the features of our Base subscription and Link to your business packages with the addition of:

» **A touch of K2**

Choose from a variety of face to face sessions for individuals, teams, small and large groups

- » **Sprints** - 45 minute high impact, high performance sessions - great for breakfast sessions, "lunch and learn" etc.
- » **Workouts** - 90 - 120 minute high performance sessions on a range of high performance topics
- » **Masterclasses** - 1 day sessions taking a deeper dive into high performance
- » **HPX** - K2's signature coaching programmes for individuals and teams - the athlete at work® and eliteteam®. Longer term, hugely impactful coaching programmes.

## 4. Embed in your DNA

*We're not precious - we'd love to help you really embed high performance philosophies into your DNA with our Train the Trainer Programme.*

You get everything! Here's the detail on what's included in our most comprehensive option:

» **Train the Trainer**

You'll already enjoy access to The Coaches Room where you can find everything you need to run the K2 high performance sessions including Presenters Guides and Slides. For long term sustainability however we'll run a Train the Trainer program for up to 10 people in your business to enable you to deliver our signature programmes confidently yourself.