

All our plans are available either for sale directly on the TrainingPeaks Store (where you can also see screenshots of sample weeks), or you can subscribe as an Unlimited Athlete to be able to swap freely between all of them, among other benefits outlined below.

COMPARISON TABLE BUY OR SUBSCRIBE?

	BUY	SUBSCRIBE
Price	\$29 to \$159 each	From \$21/month
Flexible, structured training	✓	✓
TrainingPeaks training app	✓	✓
Coaching videos, articles & FAQs	✓	✓
Email coach support	✓ During plan only	✓ Anytime
Swap freely between all 900+ plans	✗	✓
Help setting up your training zones	✗	✓
Coach fortnightly engagement check	✗	✓
Discounted TrainingPeaks Premium	✗	✓
30-day moneyback guarantee	✗	✓