Apple to Zucchini Sports Nutrition

the lean endurance racer

apple to zucchini
Sports Nutrition

PACKAGE DETAILS

THE LEAN ENDURANCE RACER

SCHEDULING DETAILS + CONSIDERATIONS

- This package is designed to coincide with the typical 16-20 week training program for long-course triathlon or endurance racing athletes (sports such as running (half-marathons to ultras), open water swimming, and road cycling.
- BLOCK I: A 5-session block will follow your initial session, where you come in fortnightly (i.e. the first half of your training program). Your first review is to be booked 2 weeks after the initial session; this is to give you adequate time to train on your nutrition plan, and get a good understanding of what your recovery rates and energy levels are.
- Your sweat session is in this first block of 5 reviews. This is a practical session comprising of a 30minute run/ride, and we ask that you come to this session ready to train (i.e. be wearing your training kit, and ensure you have your usual training paraphernalia such as your waterbottle, towel) AND your windtrainer if you want to be able to chat with your dietitian the entire time! This session forms the basis of gathering the data we need to personalise your race nutrition plan. Some athletes may wish to turn this session into a sweat analysis test, in this instance an additional testing cost of $199 will be applied. This test is not appropriate for everyone though, see our sweat analysis page for more info.
- BLOCK II: A second 5-session block is again spaced fortnightly again, or you might wish to tweak them to coincide with particular races you have on the calendar. Within these 5 reviews we will ensure your personalised race plan is created with time for you to trial and tweak it before the race, and also allow for a thorough post-race debrief. This post-race debrief is imperative, as while we can plan all we like for racing conditions, nothing will ever replicate how your body will respond to true race day conditions. Should you wish to continue with your endurance racing career, we believe this final session is probably the most important!

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- Most terms + conditions for nutrition packages will start by stating "should you have condition x, y, or x, we cannot cater for you". Our packages are completely the opposite. We are able to cater to individuals with health conditions, as we are qualified, university-trained Accredited Practicing Dietitians, and Accredited Sports Dietitians. We assess you as an individual, and will tailor a program to suit your specific needs. How refreshing!
- All packages start with an initial assessment with your practitioner of your choice, and the cost of this session varies by practitioner. You may have had this session prior to purchasing this package, however if you have not, we will be in contact to arrange this initial session for you.
- Payment for the initial session is due on completion of the session. If you have private health cover for dietetics, HICAPS claims can be processed on the spot, and all you pay is the gap fee. Due to variation in practitioner fees, please note that the initial appointment fee is NOT covered in this package price. The package covers subsequent sessions only.
- Online clients can claim their private health rebates through their private health insurer, with the receipt provided. Please check with your health insurer to see if your cover is valid for online servicing.
- Purchase of this package will cause the weekly payments to commence immediately, whether you have had your intial session or not. This may mean that your payments are finished before your sessions with your dietitian do, depending on scheduling. The exception to this is for discounted upfront payments, where the full cost is incurred at time of purchase.
- EPC/TCA plans are suitable for use in the packages. We will add the appropriate codes to your receipts so you can make the claim with Medicare. It is your responsibility to make the claim from Medicare. Regrettably, we do not accept DVA referrals.

SCHEDULING DETAILS + CONSIDERATIONS (CONTINUED)

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- Health fund rebates for these sessions will be available to you AFTER the review session has been completed. The receipt provided to you upon package payment, along with your receipt from the clinic detailing the dates of your session, and your practitioner's provider details will be required for you to make this claim (online or in person with your health fund).
- Sessions beyond the scope of the package will be charged a separate fee, and you are still entitled to complete your allocated number of package sessions. We regret that no changes can be made to the package structure.
- Seeing the same practitioner is standard practice at Apple to Zucchini. In the case of illness at our end, you may wish to reschedule your appointment with another practitioner, and we will happily arrange that for you. If you would prefer to wait for your usual practitioner to return, we will simply add that missed session to the end of your package.
- Online clients Should you wish to have skin fold measures taken, we can suggest qualified skinfold practitioners in your area.

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TERMS + CONDITIONS OF THE PACKAGES

- Rescheduling appointments: please be aware that your appointment can always be made a Skype or phone appointment if making it to the clinic in-person is not viable. Should this not suit, we will happily reschedule your appointment when you provide more than 24hours notice.
- Rescheduled appointments must occur within 1 week of the original appointment. Due to practitioner popularity, it is entirely possible that no appointments will be available for rescheduling within one week. In this instance, our lovely reception staff will add your missed session to the end of your package; however this option is only available for one session on one occasion.
- 24-hour cancellation policy: regrettably, we are unable to reschedule appointments that are cancelled within 24 hours. For those who are pressed for time or find themselves unable to visit the clinic for their appointment, we will happily do a Skype/phone/email appointment instead. All efforts will be made to fit this into your day if the original time is no longer viable for you.
- Package cancellations: should for any reason you wish to cancel your package (injury, change of circumstance etc), please notify us immediately in writing, and payment will only be taken to cover to those sessions which have been completed. We don't want to cause any undue financial pressure, so please let us know as soon as possible. Due to appointment scheduling, it is possible that a payment may have been processed ahead of a session completed; in this instance, and within the realm of the cancellation policy above, we will fully refund any cost incurred to you. For those who paid upfront, the unused portion of your package will be calculated and refunded.

GENERAL TERMS FOR THE USE OF OUR WEBSITE + PACKAGES

PACKAGE DETAILS

THE LEAN ENDURANCE RACER

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