

Personal Coaching Options

****Use at your own risk****

If you are interested in receiving personal coaching, please email me at instriderunner@gmail.com

Online Plans

These plans include an initial meeting via. phone or email to discuss goals, current mileage and training, etc. Based off information received, I will put together a personalized training calendar and email it to you. At the end of each week we'll touch base via. phone or email to discuss how your training went. I will then make adjustments to your following week(s) schedule if needed.

- 1-month plan \$40.00
- 3-month plan \$110.00
- 6-month plan \$200.00

One-on-one. (For Boise, ID and Surrounding Treasure Valley Only)

One-on-one sessions will begin with an initial meeting to review you as a runner and find out your goals, current mileage and training, etc. Once I have all the information I need, we'll schedule a date, time, and place for the first session.

The first session will be designed to help you achieve your goal and can include drills, strength training, speed work, or long runs. At the end of each session we'll review how things went, the reason we did what we did, and how you can continue doing those things on your own.

- 1-hour session: \$35.00
- 5 sessions: \$200.00
- 10 sessions: \$325.00