



Training Plan Sessions

Aim: To guide individuals towards their specific goals

What to expect: Guidance in preparing for races and/or achieving goals. This will include development of an appropriate progressive running fitness plan targeting the requirements of the goal. Development of a strength plan that will complement the goal and advise on nutrition if required.

Cost \$50 per session

Catch-ups time frames are flexible as the aim is to provide ongoing guidance on running fitness and technique and strength conditioning exercises as you progress.

Optional – access to the weekly running sessions

Cost \$90 for 6 session pass