



Iron Will Endurance Coaching – Services Offered

(See next page for packages offered)

	Basic	Advanced	Premium
Personalized program delivery	Every 2 weeks	Every 2 weeks	Every 2 weeks
Personalized strength programming	Included in training plan	Included in training plan	Included in training plan
Tech needed	HR monitor and GPS	HR monitor and GPS	HR monitor and GPS
Training feedback on training peaks	1x/week	2x/week	3x/week
Text messaging	No	Yes	Yes
Phone calls	1x/month	1x/week	As needed
Weekly emails	Yes 1x/week	Yes 2x/week	As needed
Training peaks account	Basic	Basic	Premium
Testing and Assessment	Provided throughout season	Provided throughout season	Provided throughout season
Cost	\$150/4 weeks OR \$550/16 weeks	\$195/4 weeks OR \$745/16 weeks	\$275/4 weeks OR \$995/16 weeks



Strength Coaching and Programming Packages

Individual strengthening session (\$100): **In-person**, 50 minute strengthening session consisting of mobility, plyometric, strength, and recovery activities tailored to your goals and abilities and focused on running performance.

Individual strengthening session package (\$375): Includes four, **in-person** 50-minute individual strengthening sessions. These sessions can be scheduled at your discretion, based on my availability.

Group strengthening sessions: **In person** group strengthening sessions are provided for teams or training groups sizes 2+. Rates and services provided vary based on group size. Contact me to discuss training session options.

Get on the right track (\$250): Includes **in-person or remote** running readiness assessment analyzing your strength and biomechanics with a series of foundational movements linked to performance optimization and injury prevention with running. After assessment, a 12 week strength training program will be individually tailored with considerations based on the results of your testing and your training history. The plan will be delivered within one week following assessment completion.

Stay on the right track (\$200): Includes a 12 week strength training plan for clients who have already completed a running readiness assessment. The plan will be individually tailored to your unique circumstances and abilities.

Get ready to race! (\$275): Includes a running readiness assessment and a 16-week strength training plan designed to begin about four months prior to your target race. This program is designed to complement your training through the general preparedness, specific preparedness, and peaking phase of endurance training. Your plan will be delivered within a week following assessment completion.