



REDEFINE

ENDURANCE COACHING

Individualized training. Consistent support.

RUN COACHING OPTIONS

Two levels of support. One commitment to your goals.

Run Coaching

\$250 / month

Personalized training.
Structured weekly support.

Run Coaching +

\$325 / month

More coaching contact.
Support between reviews.

TrainingPeaks plan	Individualized	Individualized
TrainingPeaks Premium	Included	Included
Running + strength	Included	Included
Training plan published	Every 1-2 weeks	Weekly / as needed
Workout review + feedback	Weekly review	Weekly + between check-ins
Routine plan adjustments	At weekly review	Between reviews as needed
Messaging support	Weekly check-in	Unlimited messaging
1:1 coaching calls	1 x 30 minutes / month	2 x 30 minutes / month
Office hours	Not included	Weekly
Race planning + strategy	Included	Included
Injury / symptom guidance	Training adjustments included	Training adjustments included

Built around your running, your life, and your goals.

Choose the level of coaching support that fits you.

HOW COACHING WORKS

Your guide to getting started and working together.

01 / Getting started

Coaching begins with a 60-minute consultation to review your goals, training history, schedule, and equipment. Complete your intake before the consultation. Your first training plan starts within the following two weeks, with timing based on your individual needs.

02 / Communication and training review

Use TrainingPeaks for workout comments and email for check-ins and scheduling. Replies arrive within two business days, Monday-Friday. Run Coaching provides a weekly check-in, workout review, and routine plan adjustments for athletes comfortable training independently between check-ins. Coaching + adds feedback and adjustments between weekly reviews when you raise a question or training concern, for athletes who want closer collaboration. Unlimited messaging does not mean immediate replies or continuous monitoring.

03 / Calls and weekly office hours

Coaching calls last 30 minutes: one per month with Run Coaching or two with Coaching +. Unused calls do not roll over. Coaching + also includes optional weekly office hours: reserved time for individual support on a first-come, first-served basis, separate from scheduled calls. Available times are shared during onboarding.

04 / Programming and athlete participation

Running and individualized strength programming are delivered through TrainingPeaks. Strength sessions are tailored to your goals, experience, and equipment, with exercise demonstration videos. Log workouts and perceived effort, complete weekly check-ins, and flag symptoms or schedule changes. Race planning and strategy are included in both tiers.

05 / Accounts, equipment, and injury guidance

TrainingPeaks Premium is included in both tiers. A GPS watch is required; a heart-rate monitor is optional. Both tiers include injury-related training adjustments when needed, including between weekly reviews. Physical therapy evaluation and treatment are booked and billed separately.

06 / Membership and billing

Coaching is month-to-month with automatic monthly billing and no minimum commitment. Cancel at least seven days before your next billing date. Pauses must be arranged before the next billing date.