



Coaching Package Options & Rates¹

1) Consultation

30-minute phone interview and consult to define running goals and discuss topics of interest, such as running form and technique, shoes and gear, sports nutrition, cross-training, etc. (following completion of New Client Questionnaire).

Cost: \$70

2) Customized Training Plan

Creation of a customized training plan to support your running goals

Includes two phone consultations (one before and one after delivery of plan)

Cost: \$180 for 6 weeks
\$225 for 8 weeks
\$290 for 12 weeks
\$325 for 16 weeks

3) In-Person Coaching Sessions (not part of a coaching program)

Includes initial phone consultation

1 session: \$165

1 session with 2D video gait analysis: \$225

(Note: All multi-session packages include gait analysis with no extra charge if desired)

2-session package: \$320 (\$160 per session)

3-session package: \$465 (\$155 per session)

Flat rate for kids ages 8-12: \$125 per session

¹ All rates for in-person sessions pertain to sessions that take place in Marin or San Francisco. All sessions and programs expire 1 year after purchase date. Payment for training plans and remote coaching programs is due before delivery of the plan. Payment for in-person coaching programs is due right after the first training session, and payment for single sessions or session packages is due on the day of the session.

4) In-Person Coaching Programs

Includes:

- *Initial phone consultation
- *Creation of customized training plan for same # of weeks as program
- *Revision of customized training plan as needed
- *Unlimited email, text and phone correspondence during program

PLUS: One, two or three in-person training sessions per week

In-person sessions per week

	One	Two	Three
4 weeks	\$620	\$1,125	\$1,600
6 weeks	\$900	\$1,620	\$2,125
8 weeks	\$1,150	\$1,925	\$2,750
12 weeks	\$1,650	\$2,775	\$3,950
16 weeks	\$1,950	\$3,550	\$4,950

5) In-person Small Group Coaching Programs (2-8 runners in a group) – currently “form your own group” of friends/family/coworkers, etc.!

Includes:

- *Group phone consultation
- *Creation of customized training plan for length of program
- *Revision of customized training plan as needed
- *Unlimited email, text and phone correspondence

PLUS: One, two or three in-person small group training sessions per week

Cost: Rates depend on the number of people in the small group. The cost per person decreases as the size of the group grows. Refer to the rate chart for individual in-person programs above, and make the following adjustments in price:

- For groups of 2-3 members: \$25 extra per additional person per session
(Unless initial session includes gait analysis, in which case it is \$60 extra per additional person for the gait analysis session)
- For groups of 4-6 members: \$20 extra per additional person per session
- For groups of 7-10 members: \$15 extra per additional person per session

6) Remote Personal Coaching Programs

Includes:

- *Initial phone consultation and weekly phone check-ins**
- *Creation of customized training plan for length of program**
- *Revision of customized training plan as needed
- *Unlimited email, text and phone correspondence

6 weeks	\$450
8 weeks	\$550
12 weeks	\$720
16 weeks	\$800