



## CUSTOM VIRTUAL RUN COACHING TRAINING PLANS

	Mile 1 Plan	Mile 2 Plan	Mile 3 Plan
Initial Consultation	Yes	Yes	Yes
Plan Delivery	Once	Weekly	Weekly
Training Plan Adjustments	None	1x Week	As needed
Communication Level	1x Week	2x Week	As needed
Guidance and Explanation of Workout	Yes	Yes	Yes
<b>Initial Consultation Cost</b>	<b>\$50</b>	<b>\$50</b>	<b>\$50</b>
<b>PLAN COST</b>	<b>\$100 per 4 week block</b>	<b>\$125 per 4 week block</b>	<b>\$175 per 4 week block</b>

Mile plans vary based on delivery, adjustments, and communication levels.