



PTotR Coaching Program Options				
	Tier 1 Run + Strength Program	Tier 2 Advanced Running Coaching Program	Tier 3 Basic Running Coaching Program	Tier 4 Strength Coaching Program
About the programs	For new and current clients looking for very specific run and strength exercise programming	For new and current clients who want more feedback on their training and quick responses to their questions and concerns	This program is only for current or returning clients who have worked with PTotR for 5 full calendar months or longer and only need limited feedback	For new and current clients looking for running-specific strength programming
What's included?				
Check-in frequency and workout feedback	At least 3x a week M-F; some availability on the weekends	At least 3x a week M-F; some availability on the weekends	1x a week M-F	2-3x a week M-F
Workout modifications	Daily M-F	Daily M-F	1x a week M-F	Daily M-F
Tech requirements	GPS watch	GPS watch	GPS watch	None required
Phone calls	30-minute call 1x a month	30-minute call 1x a month	30-minute call 1x a month	30-minute call 1x a month
Text messaging for more immediate questions and concerns	Yes – Response within 24 hours	Yes – Response within 24 hours	No	Yes – Response within 24 hours
Strength programming	Specific strength sessions that include videos that Dr. Jamie has created with directions on sets and reps	Strength days scheduled for lower body and upper body/core with no specific exercise recommendations	Strength days scheduled for lower body and upper body/core with no specific exercise recommendations	Specific strength sessions that include videos that Dr. Jamie has created with directions on sets and reps

Nutrition	General fuel and hydration advice provided for training runs and race-day fueling, including carbs/hour recommendations	General fuel and hydration advice provided for training runs and race-day fueling, including carbs/hour recommendations	General fuel and hydration advice provided for training runs and race-day fueling, including carbs/hour recommendations	General fuel and hydration advice provided for training runs and race-day fueling, including carbs/hour recommendations
Access to private FaceBook group	Yes	Yes	Yes	Yes
Weekly emails with running-related tips	Yes	Yes	Yes	Yes
Race strategy recommendations	Yes	Yes	Yes	No
Cost per calendar month	\$245	\$195	\$155	\$125
Initiation fee: This is a one-time fee. If you choose to discontinue coaching and then restart again in the future, you will not be charged this fee.	\$50	\$50	\$50	\$50