



PTotR Coaching Program Options				
	Run + Strength Program	Advanced Running Program	Basic Running Program	Strength Program
	For new and current clients	For new and current clients	This program is only for clients who have worked with PTotR for 5 full calendar months or longer	For new and current clients
What's included?				
Check-in frequency and workout feedback	2-3x a week M-F; some availability on the weekends	2-3x 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	Yes	Yes	No	Yes
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 nutrition advice provided for training runs and race-day fueling	General nutrition advice provided for training runs and race-day fueling	General nutrition advice provided for training runs and race-day fueling	General nutrition advice provided for training runs and race-day fueling
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	\$239	\$189	\$150	\$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