


| PTotR Coaching Program Options | | | | |
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| | Tier 1<br>**Run + Strength Program** | Tier 2<br>**Advanced Running Coaching Program** | Tier 3<br>**Basic Running Coaching Program** | Tier 4<br>**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 do well working independently | 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 | Yes | No | Yes |
| Strength programming | Specific strength exercises with videos that Dr. Jamie 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 exercises with videos that Dr. Jamie created with directions on sets and reps |

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| 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 | $105 |
| 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 | $30 |