

# 1:1 Run Coaching

Coach Jenn







**CREW RACING  
AND REHAB**

Performance Coaching and Physical Therapy

## Coaching Deliverables

## 1:1 Coaching

 <b>Workout Details</b>	
 <b>Workout Delivery</b>	Every 1-2 weeks
 <b>Workout Modifications</b>	As needed
 <b>Gear Requirements</b>	GPS watch

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 <b>Communication</b>	
 <b>Workout Feedback</b>	3x/week
 <b>Emails</b>	Unlimited
 <b>Calls &amp; Texts</b>	Yes

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 <b>Nutrition</b>	
 Nutrition Guidance Throughout Season	Resources Provided
 <b>Commitment Period</b>	
 Commitment	6 months

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 <b>Training Platform</b>	TrainingPeaks
 <b>Price</b>	
 <b>Monthly Cost</b>	\$200/month
 <b>Start Up Fee</b>	\$75