



WHAT DO WE OFFER?

- **Virtual Coaching**

Day to day coaching all the way to your goal race. We include everything from your easy days, your workouts days, all the way to your race strategy.

- **In-person Group Training**

If you live in the NYC area you can benefit from our hands-on training sessions.

We meet twice a week in Manhattan. Wednesday PM at East River Track and Saturday AM in Central Park or West Side Highway (using the NYRR Runcenter as a meeting point).

- **Additional Guidance**

Our goal is to set you up for success with all the tools put at our disposal. We provide guidance with Cross-training, Strength Development, Fueling,... and anything within our reach!



F A Q

- **What does online coaching look like?**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Warm 11 Easy Run 4V7 Easy Run 4V7 Easy Run 4V7	Easy Run 4-Berries + Snacks 7:00 AM Plyometrics + Core Plyometrics + Core Plyometrics + Core	Corner Endurance Bike/Run (20min) 10.5 mi Warm-up 1 mi + 20min Plyometrics + Core Plyometrics + Core	TRAVELING DAY Outdoor 1: Easy Recovery 4V7 Outdoor 2: Aerobic Cross Training 0:30:00	Easy Run 6-Berries 7:00 AM Main Lesson Development	Second Half Funnel Long Run 19.0 mi EZ 1000 (10 min) Recovery 4V7 (20 min) Recovery 4V7 (20 min)	Fun Day/ Easy Run 4V7 Training Use the day to add flexibility and stretching Recovery 4V7 (20 min) Recovery 4V7 (20 min)

A day to day individualized training plan through Training Peaks. Every run and workout is fully explained. The plan will be updated throughout your cycle based on your progress. We work around your life schedule to ensure a successful training cycle!

- **How often are we in contact ?**

The more we communicate, the better! We are available through text, email, and social media at any time and as often as you need. We will also reach out to you additionally if necessary. We are always in touch to follow how you feel, this is all part of a successful process!

- **I have a challenging schedule, can you help me?**

Yes, we successfully work with plenty of athletes in your situation. Everything is individualized, so your training schedule and load are made around your responsibilities so you can reach your goals!

- **I am not sure what my time goal is yet, is it okay?**

Of course! Training will indicate us what you can do. As we progress through the cycle will work out an adequate race pace based on your progress and elaborate a race-day strategy based on that. Focus on your running, we will do the rest.



BREAKTHROUGH ATHLETES

From completing your first race to achieving your athletic dreams, we guide you all the way.



- **Kaitlyn:** achieves her long time goal of a BQ

"NY Marathon, I love you! I had my strongest race EVER today and I still can't believe it happened. Today I did not hit the wall. I did not go out too fast. Instead, I cruised and most importantly I finished strong. 3:23:37, never in the past 5 years did I think this would be possible." -Kaitlyn.



- **Frank:** a 35-min PR for a BQ

He followed our guidance to the letter from beginning to end, and came in strong with a massive PR and a BQ at the Chicago Marathon with a 3hr05 finish.



- **Linda:** to her first sub2 with a 1:51:00

One of our Super Running Mama worked with us to improve upon her best Half Marathon and hoped a sub-2hr finish was within her reach. She followed the plan and tackled the Staten Island half where she finished in 1:51:00!



- **Nicole:** from a 4:45 marathon to a 4:10 finish in Berlin

"I close out my run year with a 2-minute 5k PR, a 5-minute 10k PR, a 16-minute Half Marathon PR, and a 35-minute Marathon PR. The best is yet to come and I am looking forward to see what my body can do." -Nicole