

| The FOUNDATION | The FINISHER | TECHNICAL Bolt On |
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| <p style="text-align: center;">Base Building, Consistency & Patience</p> | <p style="text-align: center;">Race Strategy, S&C & Peak Performance</p> | <p style="text-align: center;">In-Person Skill & Movement Quality</p> |
| <p>Ideal For: Runners who struggle to stay consistent, habitually rush to get fit, or need psychological guarding to respect the base phase.</p> <p>Customized Base Plan: A periodized plan built entirely around your running history, lifestyle, and current knowledge level—so you never over-train.</p> <p>Weekly Data Review: Continuous tracking via Strava/Garmin. I monitor your heart rate, volume, and exertion to ensure you are executing key sessions correctly.</p> <p>Direct Accountability: Active WhatsApp text/voice note support. A direct line to me to log your sessions, maintain discipline, and calm your mindset.</p> <p>Structural Durability: A ruthless focus on patience, pacing, and building a bulletproof physical base before your volume increases.</p> | <p>Ideal For: High-ambition endurance athletes peaking for a specific milestone event (50k, 100k, or 100-mile mountain trail races).</p> <p>Race-Specific Programming: A fully customized training, vert, and taper plan tailored entirely to your target race profile and cut-off times.</p> <p>Continuous Elite Data Analysis: Rigorous tracking of your volume, heart rate, and fatigue metrics. Your plan is actively adjusted weekly based on how your body responds.</p> <p>Bi-Weekly Strategic Alignments: One 15-minute 1-1 call every two weeks to audit your progress, dial in race-day logistics (kit, poles, nutrition), and sharp-focus your mindset.</p> <p>Bulletproof S&C Strategy: Targeted strength and conditioning routines via <i>Rehab My Client</i> and proprietary video guidance to build total joint resilience.</p> <p>Second-Half Psychology: Advanced mental coaching rooted in "High Ambition, Low Expectation"—preparing you logistically and mentally to manage the inevitable crisis when you have to power-march the second half</p> | <p>Ideal For: Local clients or online runners willing to travel who demand physical eyes on form, technical skill mastery, or an acute psychological morale boost.</p> <p>60-Minute 1-1 Masterclass: A highly focused, physical session designed to bridge the gap between your online programming and real-world execution.</p> <p>100% Field-Based: Conducted entirely outdoors on local trails or public green spaces. No stuffy gym or commercial studio—we use the terrain as our training canvas.</p> <p>Technical Trail Skills: Hands-on coaching for advanced trail mechanics, including efficient mountain descending, technical pacing, and mountain pole execution.</p> <p>S&C Movement Validation: Real-time form checks on your specific strength and mobility exercises to ensure your home or gym routines are 100% safe and effective.</p> <p>The Power of Presence: A direct, high-energy touchpoint with a 25-year veteran coach to break through mental plateaus and reset your confidence.</p> |
| <p style="text-align: center;">£90 / month</p> | <p style="text-align: center;">£125 / month</p> | <p style="text-align: center;">£60 / session (Exclusive Add-ons)</p> |