

Refine. Program. Perform - *Expert guidance from the studio to the trails.*



Mentoring	Programming	Practical
The Sounding Board	The Event Specialist	The Local Hybrid
A monthly partnership for the runner who wants expert advice, problem-solving, and strategy without a rigid plan.	A structured, event-led program with weekly adjustments and constant communication.	Hands-on, in-studio testing and 1-1 coaching for local runners in the Poole/Bournemouth area.
<ul style="list-style-type: none">• Monthly 1-1 consultation• Message-based support• Troubleshooting & gear advice	<ul style="list-style-type: none">• Bespoke weekly training plan• Data analysis & feedback• Min. 3-month commitment	<ul style="list-style-type: none">• Initial deep-dive consultation• 4 x Weekly 1-1 practical sessions• Ongoing 4-session blocks
All programs are bespoke to the athlete's goals. Investment starts from £75. Inquire for a personalized quote.		