

# Jaysee Running

Coaching Packages and Pricing

Package	Ideal For	Whats Included	Fee
Performance & Peak Racing	Competitive athletes targeting age-group podiums or good-for-age times	<ul style="list-style-type: none"><li>• Weekly fully-bespoke plan</li><li>• Power/HR pacing targets &amp; race-day strategy</li><li>• Strength, mobility &amp; nutrition add-ons</li><li>• Unlimited coach messaging</li><li>• 2x 30-min video calls / month</li><li>• TrainingPeaks Coach-Paid Premium subscription</li></ul>	£150 / month
Endurance Distance Coaching	Marathon & ultramarathon runners	<ul style="list-style-type: none"><li>• Personalised 12- to 24-week macro-cycle</li><li>• Long-run fuelling guidance</li><li>• Kit &amp; terrain advice for your event</li><li>• Weekly TrainingPeaks feedback</li><li>• 1 video call / month</li><li>• TrainingPeaks Coach-Paid Premium subscription</li></ul>	£110 / month
Speed & Middle-Distance Programme	10 km – Half marathon	<ul style="list-style-type: none"><li>• Block-periodised plan refreshed fortnightly</li><li>• Speed-work, tempo &amp; S&amp;C sessions</li><li>• Monthly progress review video call</li><li>• TrainingPeaks Coach-Paid Premium subscription</li></ul>	£80 / month
Foundation 5K Starter Plan	New runners (“Couch-to-5K”)	<ul style="list-style-type: none"><li>• 10-week progressive plan</li><li>• Weekly training-tips email</li><li>• 20-min onboarding call</li><li>• Training plan using TrainingPeaks software</li></ul>	£60 one-off
1 to 1 Technique / Strength Session	Runners wanting form analysis or bespoke S&C (West Sussex, in-person)	<ul style="list-style-type: none"><li>• 60-minute session (run-form video analysis or strength &amp; mobility workout)</li><li>• Personalised drills to take away</li></ul>	£45 / hour

- Free 15-minute discovery call – make sure we’re the right fit before you commit.
- Flexible start dates: coaching begins within 48 hours of sign-up.
- Cancel anytime after the first full billing cycle; no long-term lock-ins.

Prices shown are inclusive of VAT at the prevailing UK rate.  
Fees correct as of 1 May 2025 and subject to change without notice.  
Training advice is educational and not a substitute for personalised medical guidance. You should consult a healthcare professional before starting a new exercise programme.  
Professional Indemnity & Public Liability insured with Insure4Sport, policy no. I4S790703.