

Rudd Fitness Coaching Pricing from 1st July 2026

Strength & Conditioning Train with an MSc-qualified, UKSCA-accredited coach with 15 years of competitive experience:	Single 1:1 Session — Science-backed training designed for YOUR goals. Coached by an MSc & UKSCA-accredited professional whose athletes have achieved European AG podiums, World Masters gold, and sub-15 5Ks.	£75
	Block of 4 Sessions — Periodized programming built on sports science. The same methods behind 5K to marathon PBs, World Masters gold medals, and European AG podiums. Your results are planned, not guessed.	£270
	Block of 8 Sessions — Transform with a coach who's raced Norseman & Lake Zurich for 15 years. Programming that's produced sub-15 5Ks, World Masters gold, and European podium finishers.	£520
Group Training Sessions High-energy group strength and conditioning sessions led by an MSc & UKSCA-accredited England Athletics Coach:	Single Session — Expert coaching from an England Athletics Coach blending strength and movement science. Drop in, train smart, no commitment.	£12
	Monthly (1x/week) — Purposefully programmed sessions from an MSc-qualified coach. Build consistency with proper guidance every week.	£40
	Monthly Unlimited — Train as often as you like with a coach who's developed beginners to competitive athletes. Every session designed to drive real progress.	£60
Training Plans Bespoke coaching from a coach with 15 years of endurance competition & elite qualifications:	Tier 1: Endurance Plan — Bespoke programming with weekly adjustments using YOUR wearable data. A coach with 15 years of racing who's guided athletes through first marathons, PBs, and 10K swims. Monthly check-ins + 48hr support.	£90
	Tier 2: Hybrid Athlete — Integrated endurance AND strength coaching as one unified plan. Athletes have progressed from first triathlon to Ironman, achieved European podiums, and World Masters gold. One coach. One plan. Zero conflicting advice.	£130
	Periodised S&C Plan — Custom programming from an MSc & UKSCA-accredited coach. Includes video lift reviews and progressive overload planning. The methods behind sub-15 5Ks, World Masters gold, and European podiums.	£90
	Gold Tier: Complete Athlete — Full experience: endurance coaching + periodised S&C + monthly 1:1 sessions. Athletes have completed first marathons, Olympic to Ironman progressions, 10K swims, and international podiums.	£190
	1:1 S&C for Tier 1 Subscribers — Add hands-on sessions at a discounted rate. Get technique refined in person by your MSc & UKSCA-accredited coach.	£60
	Tier 1 + Group (1x/week) — Bespoke endurance programming PLUS coached group sessions. Athletes have achieved first marathons, PBs from 5K to marathon, and triathlon progressions to Ironman.	£120
	Tier 1 + Group Unlimited — Complete package: personalised endurance coaching plus unlimited group access. Train with athletes who've completed 10K swims, first Ironmans, and smashed PBs.	£145
Fitness Assessment	Comprehensive 1:1 Assessment — 60-minute evaluation from an MSc & UKSCA-accredited coach. Walk away with clear insights and a roadmap for success.	£90