

# **INSPIRE.**

## **Personal Training Option One**

**Our Price: \$200/month**

**8 Week Personalized Training Program**

# **DEVELOP.**

## **Personal Training Option Two**

**Our Price: \$175/month**

**3 Month Personalized Training Program**

# **ACHIEVE.**

## **Personal Training Option Three**

*This program is the most comprehensive and will enable you set goals with your coach and work together to follow the plan created to achieve them.*

**Our Price: \$150/month**

**6 Month Personalized Training Program**

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### **All Programs Include:**

- \* **Free Initial Consultation to discuss your running history and goals**
- \* **Personalized Training Program based on your time, needs, and ability sent via email weekly with training paces, effort levels, and feedback**
- \* **Unlimited email correspondence with coach**
- \* **Injury, equipment, and race advice**
- \* **Exclusive discounts on products at the Chester County Running Store**  
\* *including equipment from Nike, Asics, Adidas, Mizuno, Brooks, and more*
- \* **Discounted entry for all CCRS races**