

Coach B

(Qualified & Certified Running Coach)

Monthly Coaching Package

R350/month

Personalised Monthly Training Program

Unlimited Whatsapp/Email Access

*Minimum period – 8 weeks

Comprehensive Coaching Package

R1,000/once off

Goal Assessment

Personalised 8 Week Training Plan & Pace Map

Weekly Telephone/Skype Consultation/Follow-ups

Race Specific Training Plan

Unlimited Whatsapp/SMS/Email Access

*Minimum period – 8 weeks

Once Off Race Specific Training Plan

R1,200/once off

Race/Goal Assessment

Personalised Training Plan

Personalised Race & Pace Plan

Unlimited Whatsapp/SMS/Email Access

*Minimum period – 8 weeks. Maximum period – 12 weeks