

COURSES GROUPS SESSIONS WORKSHOPS

RESOLUTION *Runners*
Beginners Course

£120
£95 Early Bird
8-week course

MOMENTUM *Runners*
Improvers Group

£95
8-week sessions

HEADWAY *Runners*
Intermediate Group

£95
8-week sessions

get *ready* RUN
Drop-in Sessions

£15
(min 3 runners)

RUN HABIT RUN
Multi-disciplinary Workshop

£145
1-Day Workshop

1-1 Coached Session
RUN Harpenden members

£45
50-60mins

1-1 Coached Session
Non-member

£55
50-60mins



MYCOACH

Questions?

andy@runharpenden.run

07858 226022

1-1 Coaching

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| Athlete Initial Consultation | £55 |
| Athlete 1-1 Assessment Session | £110 (standalone) £85 (as part of adaptive training) |
| Online Coaching with Adaptive Training Plans | Initial 16-Week Adaptive Plan: £350 8-Week Adaptive Follow-On Plans: £160 |
| 1-1 Coached Session | Block of four 60 minute Sessions: £120 (for MYCOACH athletes on adaptive training plans) |
| Fixed Training Plan | 16-Week Personalised Training Plan: £125 (plan only, not adaptive, suitable for experienced athletes who require a personalised plan but not ongoing support) |

