



Distance Running Coaching Services

About Susan Griffith

Athletics Australian & Australian Track & Field Coaches Association (ATFCA) Level IV coach Long Distance Running

Susan Griffith is the Principal of Paceline Coaching and Training. In addition to running coaching Susan is a presenter of the Athletics Australia Level 1 Coaches training.

Susan has been coaching distance running for 20 years. She has coached runners of all abilities from beginners whose goal was to complete their first 4km fun run through to runners competing in international marathons. Susan was the originator of the Northside Running Group's 6ft Track Training program (in 1993) that has now seen over 400 runners successfully complete the 6ft Track Mountain Marathon.

As the founder of the Northside Running Group (NRG) Susan played a significant role in guiding the club to the success it is today. Since stepping down from the role of Club President Susan continues to provide coaching and educational services to its members.

Extensive training through the Australian Track & Field Coaches Association gives Susan the knowledge and understanding of training methodology and its implementation. Her own personal sports history and maturity compliments her technical knowledge which in turn provides an all round support to other runners.

Susan has competed in numerous endurance events, marathons, ultra marathons, bike rides and triathlons with her greatest sporting achievements being the completion of the Comrades Marathon (90k) in South Africa (8hrs 54mins), the Forster Ironman Triathlon (12hrs 18mins) and the Letape du Tour a 240km bike race (10hrs 30mins) - Stage 11 of the 2004 Tour de France. Susan was also a State I squash player back in the 80's.

Benefits of Engaging Paceline Coaching & Training

- Honest, professional advice regarding your goal time-line, e.g. your health and physical wellbeing is paramount
- Personalised consultation and assessment enables the coach to understand your needs
- Face to face consultation personalises the relationship between you and the coach
- Program designed for your needs (not generic program)
- Regular expert support & advise
- Weekly monitoring keeps you honest (and accountable) – you are not left to your own devices
- Program adjustments are available should extraordinary work commitments, illness or injury occur
- Professional recommendations, physio, masseur, dietician, sports shoes specialists etc

For more information visit www.pacelinecoaching.com.au or contact Susan on susang@pacelinecoaching.com.au or telephone 0414 252 330.



Services & Fee Schedule

To ensure a training program is designed to meet your needs a detail assessment with a Paceline Coaching and Training coach is required prior to a training program being developed.

Consultation & Assessment

The consultation & assessment includes:

- 1.5-2 hour face to face consultation
- General health & nutrition assessment
- Running history & goals
- Running style analysis
- Strength, core stability & flexibility assessment

\$110 incl. GST

Note: Over the phone consultation is available but excludes style analysis.

Personalised Training Program

Programs will be available 7 days after consultation (unless otherwise agreed) and include:

- Personalised programme (on Excel spreadsheet) & verbal explanation
- Personal training log (for your completion & emailed to the coach weekly)
- Weekly program review and email response/support
- 1 x telephone support call every 4 weeks (in case of emergency call any time)
- Telephone call week prior to event
- Ad hoc email advice, useful information

Length of program No. of weeks	Personalised Training Program fee (Prices incl. GST) <i>(Consultation & Assessment is additional see above for details)</i>	Approx cost per week	Program Reviews included
8	\$210	\$26	Up to 1
12	\$290	\$24	Up to 1
16	\$370	\$23	Up to 2
20	\$450	\$22.50	Up to 2
24	\$530	\$22	Up to 3

Group Training

Paceline Group Training sessions are NOT automatically included as part of the program. Payment for these sessions is on a 'pay as you run' basis (see website for current charges).

Paceline Coaching and Training organise group training programs such as, Speed Training, Strength & Condition for Runners, 1/2 Marathon Training Group throughout the year. Information on these programs are publicised on the website and via email. To register for email notifications email your details to info@pacelinecoaching.com.au. Group training is fun as well as extremely beneficial for runners who are looking to improve their running.

Terms and Conditions

- PC&T Coaches abide by the Code of Ethics for Coaches as shown at www.atfca.com.au/athletes.ews
- Program prepared within 5 working days of consultation

Payment

- Consultation fee is due upon completion of consultation
- 50% of Personalised Training Program fee is due once program is finalised and program explanation provided
- Balance of fee due half way through program