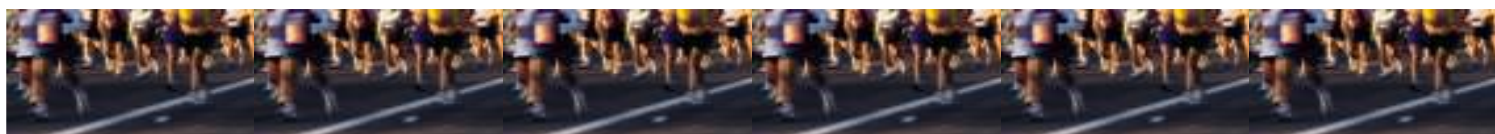




1/2 MARA & MARA

Coach Supported Training Programs



Paceline Coaching and Training Coach are offering training programs for runners who are looking to achieve their goal to run a 1/2 marathon and/or a full marathon in 2010.

What do you get?

- ✓ Training program & weekly log
- ✓ Monthly discussion groups (various topics/experts)
- ✓ Coach run group training – Mon/Wed
- ✓ Specifically designed w/end long runs routes
- ✓ Coach review & feedback of your weekly training
- ✓ Goal & milestone planning
- ✓ Pre-Race briefing discussion
- ✓ General nutrition advice and support
- ✓ Useful tips and strategies
- ✓ Motivation – endless!

The programs are designed for first time 1/2 and mara runners. For experienced runners, a more specific personalised program can be developed (fee available on request).

Benefits:

Sharing your journey with others in a supportive environment will be more enjoyable than going it alone. Crossing the finish line will be a truly memorable experience.

- ✓ Weekly support from experienced & qualified coach
- ✓ Substantially increase your performance outcome
- ✓ Ensures quality training (not just quantity)
- ✓ Interval training set to YOUR ability
- ✓ Peace of mind that all aspects of training are covered
- ✓ Injury prevention strategies
- ✓ More likely to achieve your goal with a number of milestones along the way
- ✓ Meet likeminded people
- ✓ Running along with a balanced diet will assist weight loss
- ☺ **MOST IMPORTANT HAVE FUN**

GROUP TRAINING SESSION TIMES

- | | |
|-------------------------|-------------------|
| ☺ Monday 6.30-7.45pm | Mosman |
| ☺ Wednesday 6.30-7.45pm | Mosman |
| ☺ Saturday/Sunday | time/venue varies |

MEET THE COACH



Susan Griffith

Level IV Distance Running Coach
Principal, Paceline Coaching & Training

Over 28 years coaching experience. Success in training over 300 runners for the Six Foot Track Ultra Marathon.

*Don't leave anything to chance
Register your interest today
email*

susang@pacelinecoaching.com.au

E susang@pacelinecoaching.com.au T 0414 252330

www.pacelinecoaching.com.au

PTO - FEES

½ Marathon

Focus Event: *SMH Half Marathon*

Date: *Sun 16 May '10*

Training starts: *8 February*

OPTION 1 - ½ Marathon Program

Option 1 is the most cost effective option for runners who train 2 or more times a week with Paceline.

Fee includes:

- ✓ Paceline 14 week ½ Marathon program
- ✓ Monthly discussion group
- ✓ Coach review & feedback weekly training log
- ✓ Goal/milestone planning
- ✓ Pre-race briefing
- ✓ Heaps of advise & support along the way
- ✓ Motivation - endless!
- ✓ 3 group training sessions per week (Mon, Wed, w/end) - total of 31 runs (value \$348.50)

Option 1 Fee - \$525



OPTION 2 - ½ Marathon Program

(no prepaid training)

Option 2 is the most cost effective option for runners who train less than twice a week with Paceline.

Fee includes:

- ✓ Paceline 14 week ½ Marathon program
- ✓ Monthly discussion group
- ✓ Coach review & feedback weekly training log
- ✓ Goal/milestone planning
- ✓ Pre-race briefing
- ✓ Heaps of advise & support along the way
- ✓ Motivation - endless!

As Option 1 EXCEPT group training sessions excluded - pay as you attend training session (\$10 casual or 10 session pass = \$85).

Option 2 Fee - \$250

Full Marathon

Focus Event: *Likely Gold Coast*

Date: Sunday *4 July '10*

Training starts: *1 March*

OPTION 1 - Full Marathon Program

Option 1 is the most cost effective option for runners who train 2 or more times a week with Paceline.

Fee includes:

- ✓ Paceline 18 week Marathon program
- ✓ Monthly discussion group
- ✓ Coach review & feedback weekly training log
- ✓ Goal/milestone planning
- ✓ Pre-race briefing
- ✓ Heaps of advise & support along the way
- ✓ Motivation - endless!
- ✓ 3 group training sessions per week (Mon, Wed, w/end) - total of 53 runs (value \$450.50)

Option 1 Fee - \$625



OPTION 2 - Full Marathon Program

(no prepaid training)

Option 2 is the most cost effective option for runners who train less than twice a week with Paceline.

Fee includes:

- ✓ Paceline 18 week Marathon program
- ✓ Monthly discussion group
- ✓ Coach review & feedback weekly training log
- ✓ Goal/milestone planning
- ✓ Pre-race briefing
- ✓ Heaps of advise & support along the way
- ✓ Motivation - endless!

As Option 1 EXCEPT group training sessions excluded - pay as you attend training session (\$10 casual or 10 session pass = \$85).

Option 2 Fee - \$300

◆ Fees include GST

◆ Event entry fees NOT included

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