

Program Registration & Runner Profile

Paceline Coaching and Training are offering training programs for the SMH Half Marathon (16 May) and the Gold Coast Marathon (4 July). If you are interested in signing up for the training groups please complete this form and return to Susan Griffith either ASAP:

Email susang@pacelinecoaching.com.au Fax: 02 99690970 Mail: 1a Fifth Ave, Cremorne 2090

Note: Later in the year similar programs will be offered with the target events being Sydney Running Festival half (Sept) and Melbourne Marathon (Oct).

IMPORTANT:

$\frac{1}{2}$ Marathoners - you should be able to run 10km non-stop (on a relatively flat course) by 8 February.

Marathoners - you should be able to run 15km non-stop (on a relatively flat course) by 1 March.

Name		
Your age (and DOB)		
Address		
Contact details:	h w m Email	
Occupation	Work location	
Weight	Height	
Have you had weight loss/gain of >5k in last 12 months?		
Which event(s) are you aiming to run in the first half of 2010 <i>Note: training program can be modified if your event is different to these and is with 2-3 weeks of the Paceline selected events.</i>	Event Sydney Morning Herald Half (May) Gold Coast Marathon (July) Other: (specify)	If you have a time in mind specify
Of the events you are targeting in 2010 have you event completed that distance before? If so specify when and what time did you do?		
How many years have you been a regular runner?		
List running events you have competed in during 2009(other than above)		
Do you do any other activities?		
Do you currently have OR have you had in the last 12 months any Injuries that has stopped you running? If so what and when.		
How is your general health? Are you currently on any medication that may affect your training?		

TRAINING GROUP OPTIONS:

There are two different fee options available for each training group – see below for details. Which Program would you like to sign up for?

👉 ½ Marathon Option 1

👉 ½ Marathon Option 2

👉 Marathon Option 1

👉 Marathon Option 2

Note: Payment 1 is prior to commencement of the training program. This is not refundable. Should you opt not to continue training prior to the payment 2 date that payment will not be required.

½ Marathon training Commences 8 Feb

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

Payment plan: Payment 1 - \$375 by 8 Feb
Payment 2 - \$150 on 1 April



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

Payment plan: Payment 1 - \$150 by 8 Feb
Payment 2 - \$100 on 1 April

Marathon training Commences 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

Payment plan: Payment 1 - \$375 by 1 March
Payment 2 - \$250 on 1 May



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

Payment plan: Payment 1 - \$175 by 1 March
Payment 2 - \$125 on 1 May