



Running: Personal Training Packages

Training packages are designed to improve a specific running discipline or a combination of disciplines (i.e. intervals, sprinting, Marathon, 5K).

I. Assessment

The package will include an initial assessment that may include a threshold test, biomechanical analysis or a combination of both. This package is for **ALL levels** of runners!

II. Training Runs

After collecting your data from the assessment, we develop customized training runs utilizing treadmills, outdoor tracks and running paths. You simply contact your personal Training Coach, bring your running gear to our training center and we will get you set-up and establish your goals for each run. The majority of these runs will involve some sort of intervals based on your previous testing.

III. Concluding Assessment

Upon conclusion of your training runs, we will perform follow up assessment to determine improvement in biomechanics, speed and efficiency.

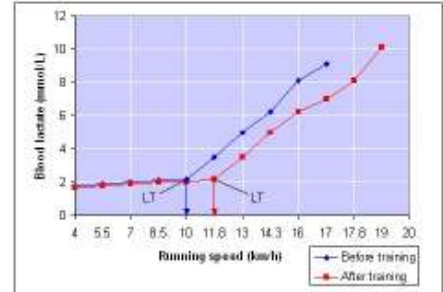
Pricing

<u>Package A</u>	<u>Package B</u>	<u>Package C</u>
5 Sessions	10 Sessions	15 Sessions
Assessment	Assessment	Assessment
4 Runs	9 runs	14 Runs

Contact us for Pricing! info@per4mancetraining.com
704.889.1458

Running strategy, gait analysis and more..

Our coaches will help you with tempo for marathon, half marathon and shorter distance races with our hands on approach. These training sessions are meant to be done at the track or the treadmill. Detailed focus to make you the best runner you can be!! We will also educate you on distance aerobic running. This type of can give you the strength and ground work on which intervals training will be built. Lactate threshold training, speed work, and stamina will all come later, but the ability to run long at an easy to moderate "as you feel" pace, has many great physiological benefits.



Interval Training: (Above) Here you see the result of interval training for ALL levels of runners!



Hill repeats and intervals are built specifically to increase force and ability to climb.



Track Workouts (above) are designed to build leg power and anaerobic capacity. This training increases your ability to pick up the pace.



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