

PERSONAL COACHING PROGRAM



RUNNING A HALF MARATHON IS HARD ENOUGH.

GET SOMEONE IN YOUR CORNER WITH THE HELDERBERG TO HUDSON HALF MARATHON PERSONAL COACHING PROGRAM.

A 10 WEEK PROGRAM RUNNING FROM FEBRUARY 2ND THROUGH RACE DAY (APRIL 12TH)

A TRAINING PLAN BUILT AROUND YOU

A CUSTOM PLAN TO MEET YOUR CURRENT FITNESS, RACE GOALS, AND PERSONAL SCHEDULING NEEDS.

UNLIMITED COMMUNICATION

DIRECT ACCESS TO COACH EMILY TAFT VIA EMAIL, FINAL SURGE, AND FACEBOOK FOR ONGOING SUPPORT, PERSONALIZED FEEDBACK, AND PLAN ADJUSTMENTS.

MEET-UPS FOR KEY SESSIONS

OPTIONAL GROUP TRAINING MEET-UPS FOR KEY SESSIONS ON 2/2, 2/23, 3/9, 3/30, AND 4/6.

PRIVATE FACEBOOK GROUP

ACCESS TO A PRIVATE FACEBOOK GROUP TO DISCUSS TRAINING, ASK GENERAL QUESTIONS, AND ARRANGE ADDITIONAL MEETUPS OUTSIDE OF KEY SESSIONS.

RACE PREPARATION SESSION

A ONE-ON-ONE SESSION TO COVER PACING STRATEGIES, NUTRITION, MENTAL PREPARATION, AND GEAR SELECTION.

COST

\$200

Sign up at helderbergtohudsonhalf.com/pcp

PRESENTED BY



Questions? Contact Emily Taft at EmilyTaft13@gmail.com