



RUNNING COACH IRELAND

RENE BORG

What you receive
(coaching services delivered EACH DAY, EACH MONTH)

Race Distances Covered: 5k to Marathon, Short Mountain races to Ultra Trail Races. All levels.

Gold Plan
€75 per month

Platinum Plan
€105 per month

Getting Started - Athlete Coach Relationship Building

Skype 'call' to get to know you and help get you started	30 min call	60 minute call
Analysis of your athlete questionnaire	✓	✓
Setup and welcome emails from coach Rene	✓	✓
<u>TrainingPeaks</u> - RCI uses the world leading Training Peaks system for our training diary. It has user friendly software and is best in class We help with basic account setup and/or linking to your existing account	✓	✓
Setting up your Training Zones - Heart rate, Pace, and Power	✓	✓
Add to our mailing list, Facebook Insider Group and Strava club	✓	✓

Your customized training plan and expert support kicks in

Customised training plan and workouts.	✓	✓
Your workouts sent directly to email - every day	✓	✓
Plan adjusted to your specific workout days	✓	✓
Changes to plan	Unlimited	Unlimited
Entry of your tune-up races in the plan	Self-service	Included

Training Peaks account subscription	Basic	Premium
Feedback on completed workouts	Weekly Interaction	Daily Interaction
Adjusting your training zones	Self-service	Monthly
Update and review your thresholds	Self-service	Monthly
20 minute Skype training review call	Monthly (on request)	Weekly (on request)
Emergency questions (WhatsApp)	Response within 24 hours Monday to Friday between 10 am and 6 pm (GMT)	Unlimited Respond to urgent questions via WhatsApp any time within 2 hours 9 am to 8 pm Monday to Sunday (GMT)
Questions (through TrainingPeaks or email) We believe in strong athlete coach relationships and we will get back to your questions within 48 hours	Unlimited Respond to your emails within 48 hours Monday to Friday between 10 am and 6 pm (GMT)	
End of plan review	Included	
Record and analyse your races times	Included	
Minimum Commitment	We have no minimum requirement regarding monthly payments as we are very conscious that life can sometimes get in the way with family and work commitments and sometimes injuries. Therefore we are very flexible regarding our coaching policy and want to be a helping factor rather than a stressor on your journey to achieving your running goals and dreams. We do however recommend a 12-16 week lead in time depending on your race	
Injury Support	Through our years of experience combined with both academic and practical training and qualifications, our programmes are designed to minimise the risk of injury. Should injury arise, we work closely with Jason Kehoe, Irish Mountain Running Champion 2015 & 2017. Jason runs a Neuromuscular Physical Therapy & Injury clinic in Tallaght, Dublin, where he treats all manner of injuries and joint pain in conjunction with analysing running technique.	