



Running Programs

2105 Independence Day 5K

Couch to 5K - (30- and 45-day basic program) - \$25.00

Couch to 5k - (30- and 45-day advance program) - \$40.00

H.O.T Half / Almond Bowl

12 and 16-week Basic programs - \$40.00 (1 time fee)

Entire program provided through trainingpeaks.com with no personal interaction with coaches. Ideal for the completely self-directed athlete who needs very little coaching

10 -16 week Monthly programs – \$60.00 (per month)

To include:

Online coaching with Training Peaks.

Hand-built training schedule provided monthly, this plan is tailored to your abilities, goals, training schedule and life circumstances

1 monthly coach-initiated phone call or meeting to review your monthly training plan and answer questions

1 email per week to adjust programs or answer questions

Initial meeting and goal assessment

How does the program work?

Your coach builds your training program from scratch each month using information from your

questionnaire and ongoing personal communication. On a monthly basis, your coach reviews your program and any pace or heart rate files you provide, and adjusts your program accordingly. Frequent data input into Training Peaks is encouraged so your coach can better monitor your progress and provide guidance for optimal performance. **This program is optimal for active individuals, noncompetitive event participants, and competitors of all ability levels.**

Coaching Interaction

To ensure we can provide you with exemplary service, we maintain a low coach-athlete ratio, which gives your coach up to four hours each month to plan or adjust your training schedule, and to answer your questions and emails

10 - 16-week Custom Coaching program - \$100.00 (per month)

To include:

Online coaching with Training Peaks.

Weekly hand-built training schedule tailored to your abilities, goals, training schedule and life circumstances

1 monthly coach-initiated phone call or meeting to review your training plan and answer questions

Emails will be returned within a 24hr period and phone calls can be set up once a week or as needed by the client.

How does the program work?

This plan is the ultimate interaction for the athlete and is designed to motivate and keep the athlete on track while optimizing your physical fitness. The enhanced personal communication and review of weekly workouts will ensure your motivation level is kept high and you are following the training program properly. This also allows the coach to monitor your overall health and well-being throughout the training program. The high success rate of this plan is due to the frequent feedback and interactive sessions, providing you with the perfect training partner. Knowledge of your abilities allows the coach to push you without overtraining, helping improve efficiency and make stronger, faster and more powerful athlete.

Coaching Interaction: One-on-one discussions with your coach about training progress, questions, concerns and recommendations. This communication is a vital and part of the interaction and success of your training.

Note: All coaching packages come with a Training Peaks account. This program allows you to track and log all your training and provides your coaches full access to monitor your progression.

Performance Testing

Anyone who is registered for a Chico Running Club event will get 15% discount on all performance testing. Must show proof of registration.

Motion Analysis

Anyone that is registered for a Chico Running Club event will get 15% discount on all motion analysis. Must show proof of registration.

H.O.T Half and Almond Bowl

212° in Motion will donate two coaching packages to be raffled to anyone who is registered by the pre-registration deadline

212° in Motion will give away two VO2 max tests to be raffled at packet pick up.