

NB Endurance Coaching and Personal Training, LLC **Rates and Services 2024**

Assisted Stretching

- Advanced assisted stretching sessions
- Instruction on self-stretching and self-myofascial techniques
- Improve, maintain and optimize mobility, flexibility and overall fitness in general
- Anyone under the age of 18 must be accompanied by an adult or guardian
- \$85 / 50-60 mins

Kinesiology Taping

- Taping for mild to moderate pain management
- For runners, athletes or anyone looking to minimize pain due to athletic events / training, post surgery, chronic pain, bruising, and assisting in corrective posture
- Anyone under the age of 18 must be accompanied by an adult or guardian
- \$50 / primary area of pain
- Adjusted rate for multiple areas in one session
- Discounted rate if re-taping is required within 3 days of initial application

Run Coaching Services

1. Custom Training Plans

- 5k, 10k, half and full marathon - \$135
- ultra-distance marathon - \$200

2. One-on-one Run

- Running form critique and corrections
- Advice for training, racing, gear, etc...
- This is your hour, ask any questions you have while we run!
- \$100 / hour

3. Comprehensive Coaching

- Any distance
- Fully outlined customized training plan, one-on-one runs, unlimited consultation up to and day of the event or goal
- Call or email to determine rate

4. Crewing and Pacing

- For ultra distance only, 100mi and up
- Call or email to determine rate

5. Lectures / Speaking Events

- 1 hour lecture
- Call or email to determine rate

6. Running Consultations

- Comprehensive review of your current training, nutrition, race preparation and strategy with advice to maximize your success
- \$50 / hour

Personal Training - Weight Loss, Strength / Muscle Gain, General Fitness / Conditioning

- 60 minute, single session - \$75
- 6 sessions (60 min / session) - \$450
- 12 session (60 min / session) - \$900
- 25 sessions (60 min / session) - \$1875

*any services that involve physical activity are subject to a medical history review and may require medical clearance from your primary care physician

*all current prices do not include, but are subject NJ sales tax

*accepted forms of payment: personal checks and PayPal

*all equipment is extensively cleaned and sanitized after each use