

# **NB Endurance Coaching and Personal Training, LLC**

## **Services and Rates**

### **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

### **Personal Training - Weight Loss, Strength / Muscle Gain & General Fitness**

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

# **NB Endurance - Run Coaching Options**

## **Tier 1 — Custom Training Plan**

\$175–\$225 one-time (Marathon and Ultramarathon)

For athletes who want expert direction and the freedom to execute independently.

This option delivers a fully customized training plan built around your race distance, background, schedule, and goals. Ideal for experienced runners who don't need hand-holding—but do want a smart, well-structured roadmap created by a professional ultramarathon coach and runner who understands the demands of endurance racing.

Includes:

- Custom-built training plan for your race or season
- Structured workouts with purpose and progression
- Race-specific considerations (terrain, elevation, fueling strategy)
- One initial consultation to align expectations and goals

Best for:

Self-directed athletes who want a high-quality plan and are confident managing the day-to-day on their own.

## **Tier 2 — Guided Coaching**

\$375–\$425 per month (Marathon and Ultramarathon)

For athletes who want expert oversight, accountability, and smart adjustments—without daily supervision.

This tier adds ongoing coaching support to your training plan. You'll receive regular feedback, thoughtful adjustments, and a second set of eyes on your training so you're progressing with confidence and consistency.

Includes:

- Custom training plan with ongoing updates
- Weekly check-ins and feedback
- Training adjustments based on performance, fatigue, and life stress
- Messaging access several times per week
- Race strategy guidance as your event approaches

Best for:

Athletes who value accountability and coaching insight, but don't need daily contact.

## **Tier 3 — Full Coaching & Oversight**

\$525–\$650 per month (Marathon and Ultramarathon)

For athletes who want high-touch, hands-on coaching from start to finish.

This is full-service coaching. I oversee your training in real-time, monitor trends, make frequent adjustments, and stay closely connected throughout the week. This tier is intentionally limited to ensure each athlete receives the attention they deserve.

Includes:

- Fully customized training plan with continuous refinement
- Daily check-ins and open messaging access
- Real-time training adjustments
- Ongoing performance, recovery, and fatigue monitoring
- Race execution planning, pacing strategy, and mental preparation
- Support through setbacks, injuries, and life interruptions

Best for:

Athletes targeting big goals, longer distances, or breakthrough performances—and who want a coach actively involved every step of the way.

## **A Quick Note on Coaching Availability**

To maintain a high level of coaching quality, “Full Coaching & Oversight” spots are limited. Athletes are accepted on a first-come basis and must commit to a minimum coaching period (typically 3 months).