

Run coaching

Unlock your full running potential with targeted training plans that build stamina, improve speed, and increase overall fitness. No matter your level, these structured programs will keep you motivated and moving toward your goals!

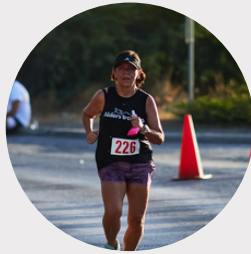


Basic

€50/\$57

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- 3 month schedule for you next event or goal
- Monthly feedback sessions
- Discount on INSCYD tests



Premium

€75/\$85

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Personalized monthly training schedule
- Monthly feedback sessions
- Adjustments to training plan based on progress
- Basic race strategy and pacing guidance
- WhatsApp or e-mail support
- Discount on INSCYD tests



Premium deluxe

€100/\$114

Payment every 4 weeks

- Intake consultation
- Training plan uploaded to Trainingpeaks
- Weekly personalized training updates
- Unlimited feedback sessions
- Additional workouts (e.g. strenght workouts)
- Race-specific strategy planning and nutrition tips
- Priority WhatsApp or e-mail support
- 1 free INSCYD tests + discount on additional tests