

Learn To Run Package

8 weeks

- 1 x 1 hour Intro to Running Bio-Mechanics Class 1 in total
- 8 x 1 hour Outdoor Running Sessions 8 in total
- 8 x 1 hour Cross Training Exercise Sessions to support the running process 8 in total
- Video Analysis of your running form and Elite Running Form Analysis
- 1 x 1 hour Nutritional Assessment 1 in total
- Personalised Nutritious Meal Plan w/suggested supplements
- 1 x 1 hour Nutritional Education class 1 in total

A Personal Shopper is available at an extra charge to arrange best running wardrobe and shoes for you. Healthy Meal delivery is also available at an extra charge.

All classes should ideally be completed 8 weeks from start date for best results. Otherwise , all services must be completed 4 months from start date. All listed packages services must be used within 6 months from date of package purchase, unless written permission is given to extend package completion deadline.