

Additional Details & Pricing

My specialties as an athlete and a coach are **running and xc skiing**. I am excited to work with runners and skiers with fitness goals and/or competitive goals of any level. I have coached athletes who are just learning to ski, runners setting new course records, and everyone in between!

I provide coaching for all other endurance sports aimed at basic fitness or recreational competition goals only. **Strength training programs** included within my training plans are designed to best support xc skiing or running goals. If you have a higher-than-rec-level competitive goal in cycling, triathlon, or any other endurance sport, or are looking primarily for a strength and conditioning coach or personal trainer, I may be able to recommend someone, so don't hesitate to reach out!

Pricing for my coaching packages is on a sliding scale; athletes choose their own rate along the scale to best fit their budget. All payment amounts access the same service. Thank you for supporting my work at the level most comfortable for you.

Basic Coaching Package \$100-\$150/ 4 weeks

Gold Coaching Package \$175-\$275/ 4 weeks

Referral Program: Refer an athlete and get 50% off one month

In some cases I may be able to modify either the Basic or Gold Level training programs to better fit your athletic needs or budget. Please be in touch with questions. I accept Venmo, Paypal and checks.

All training plans begin with a minimum of three 4-week periods (12 weeks total). Thereafter, training plans continue in 4-week periods if desired.