

Group Coaching Plans



All participants are required to be Florida Track Club members

| Level | Club Runner | Level 1 | Level 2 | Level 3 |
|--|-------------|---------|-----------|-----------------|
| Price-Monthly | \$35 | \$55 | \$85 | \$275 |
| Access to 5 runs per week with structured workouts designed to improve your performance (Gainesville, FL) | ✓ | ✓ | ✓ | ✓ |
| Coaching at Team FTC runs. This includes individual placement into training groups & workouts based on pace and race goals | ✓ | ✓ | ✓ | ✓ |
| The opportunity to ask Coach Enoch questions at group runs | ✓ | ✓ | ✓ | ✓ |
| Active warm-up routine | ✓ | ✓ | ✓ | ✓ |
| Individual Coaching Plan(s) conducive to your goals delivered via ©TrainingPeaks | ✗ | ✓ | ✓ | ✓ |
| A ©TrainingPeaks account allowing you to view, monitor, and log workouts on the web or phone app | ✗ | ✓ | ✓ | Premium Account |
| Running specific functional strength and core program | ✗ | ✓ | ✓ | ✓ |
| Schedule adjustments | ✗ | Monthly | Bi-weekly | Weekly |
| Unlimited schedule adjustments based on need | ✗ | ✗ | ✓ | ✓ |
| Unlimited chat and email correspondence | ✗ | ✗ | ✓ | Phone & Text |
| Tips on running form, diet, hydration and other running related topics | ✗ | ✗ | ✓ | Personalized |
| Detailed race planning | ✗ | ✗ | ✓ | ✓ |
| Detailed goal analysis | ✗ | ✗ | ✗ | ✓ |
| One-on-one Coaching— up to 4 in person per month — Up to one hour per meeting. With 1 slow motion video running form assessment per month upon request | ✗ | ✗ | ✗ | ✓ |
| Power file analysis (daily analysis and database tracking of all files in TrainingPeaks software) | ✗ | ✗ | ✗ | ✓ |