

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)	✗	✗	✗	✓