

eCoaching Plans



Not in Gainesville? Can't attend group runs? No problem! Coach Enoch offers eCoaching for runners all around the globe!

Level	Basic	Personalized
Price-Monthly	\$100	\$160
Personalized coaching plan conducive to your goals	✓	✓
A ©TrainingPeaks account allowing you to view, monitor, and log workouts on the web or phone app	✓	Premium Account
Active warm-up routine	✓	✓
Great support and motivation from Coach Enoch	✓	✓
Schedule adjustments	Weekly	Unlimited
Communication via email	Once per week	Unlimited
Running specific functional strength and core program	✓	✓
Tips on running form, diet, hydration and other running related topics	✓	Personalized
Unlimited communication via e-mail, text and phone (phone call is initiated by the athlete)	✗	✓
Detailed race plan (including pacing, nutrition, & race strategy)	✗	✓
Power file analysis (daily analysis and database tracking of all files in ©TrainingPeaks software)	✗	✓