

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 | ✓ | ✓ |
| Running specific functional strength and core program | ✓ | ✓ |
| Tips on running form, diet, hydration and other running related topics | ✓ | Personalized |
| Power file analysis (daily analysis and database tracking of all files in ©TrainingPeaks software) | ✗ | ✓ |
| Detailed race plan (including pacing, nutrition, & race strategy) | ✗ | ✓ |
| Unlimited communication via e-mail, text and phone (phone call is initiated by the athlete) | ✗ | ✓ |