



1:1 Run Coaching - \$150/month

- Access to FinalSurge Coaching Platform
- **Individualized Week-by-Week Run Schedule + Weekly Check-In**
- Prescribed Paces (easy, interval, tempo, race pace) and Detailed Speed Workouts
- Athlete Education + Resources
- Educational Team Live Calls
- Access to Team Facebook Group (forever!)
- Monthly Video Call with Coach, Athlete Initiated
- Coach-Athlete Messaging, Accountability & Support

1:1 Sports Nutrition - \$200/month

- Access to Soul and Strides Coaching App
- **Nutritional Habits Baseline Pre-Assessment, Individualized Nutrition Targets and Daily + Weekly Check-Ins**
- Detailed tracking of long term nutrition progress in training & all phases of life.
- S&S Sports Nutrition Guide eBook (\$80 value)
- Athlete Education + Resources
- Educational Team Live Calls
- Access to Team Facebook Group (forever!)
- Monthly Video Call with Coach, Athlete Initiated
- Coach-Athlete Messaging, Accountability & Support

Group Coaching - Strength for Runners - \$25/Month

- Access to Soul and Strides Coaching Platform
- **4 Week Strength Training + Weekly Check-In**
- Required Equipment: Mini resistance bands, pair of dumbbells, barbell, bench.
- Exercise video library
- Athlete Community Forum
- Communication with Coach & Group Members
- Athlete Education + Resources

16-20 Week Training Plan - \$100-\$125

- 30 minute consultation with Coach Nicole
- Personalized, 16-Week Training Plan leading up to your goal race day!
- Prescribed paces (easy, interval, tempo, race pace) and Detailed Speed Workouts
- Athlete Education + Resources
- Weekly Team Live Call
- Access to Team Facebook Group during your 16-20 Week training



I am so happy you are here! Before we work together, complete the application linked [here](#). Within 24-48 hours, you will receive an email back to set up a free, 30 minute consultation with me. We will chat about your goals, what you want to get out of coaching, as well as, the services I offer. All payments are collected through Stripe via Email. Please allow 1 full week from payment to receive your initial training plan (this includes run coaching, strength training).

Discounted Package Perks:

- Only valid to 1:1 Coaching Clients
- See a long-term view of long run and/or training progression.
- Perfect for long term training goals and training cycles.
- Life happens! You can "PAUSE" anytime (this grandfathers your pricing in, too!)
- RESUME whenever you're ready - start where you left off!

3 month packages - 10% off total

6 month packages - 15% off total

12 month package - 20% off total