

PR Training Marathon 2009



PR Training
Tammy Behrens
11827 Crossway Drive
Fort Wayne, IN 46814

Phone: 260-625-3830

prtraining@comcast.net

www.runprtraining.com

**Speed
Workouts
Tues. am
& Tues. pm**

Consultation Fee: Group Meeting - \$10.00 One-on-One Meeting \$30.00

- Attend marathon planning session to discuss basics of beginning a marathon training programs to reach your goal time in 2009. Discuss hotels, nutrition ideas, motivation, nutrition, cold weather running, and begin to create training schedule.

Marathon Coaching Option 1

Fee: \$100.00

- 18 weeks of general motivation and coaching advice through weekly emails.
- Unlimited coaching advice available through phone or email contact regarding training schedules, feedback to weekly mileage, injuries, nutrition and personal guidance regarding training pace, motivation, etc.
- PR Training Shirt
- 15% discount at Three Rivers Running Company
- With this option, the Consultation Fee is waived.

Marathon Coaching Option 2

Fee: \$150.00

- Runners will receive all of the options available with Coaching Option 1.
- Runners set specific, attainable goals and receive a training schedule with blank log written personally for you. Schedule includes 18 weeks of specific workouts with training paces provided.
- With this option, the Consultation fee is waived.

If choosing this option, please provide the following: 1. How many days a week do you plan to train? _____ 2. Which days of the week work best for you to run? _____
 _____ 3. What is the most mileage you plan to run in one week? _____ miles
 4. If you plan to strength train, how many days per week? _____ 5. If you plan to cross train, how many days per week? _____ 6. What day of the week do you plan to run your long run? _____ 7. Do you plan to run speed work? _____ 8. Would you like to run speed work and tempo runs in the same week? _____ 9. What is your current longest run? _____ miles

Registration:

Name: _____

Address: _____

Phone: _____

Email: _____

Shirt Size (only for coaching option 1 or 2):

XS S M L XL

My PR in Half Marathon? _____

My PR in the Marathon? _____

Marathon you plan to run: _____

Goal time for 2009? _____

- PR Training Meeting fee - \$10.00
 PR Training Individual Meeting Fee - \$30.00
 PR Training w/ Coaching Option 1 - \$100.00
 PR Training w/ Coaching Option 2 - \$150.00

**Check payable to PR Training & mail to above address.*

Waiver: In consideration of the acceptance of this application, I (including my heirs, assigns, executors and administrators), waive and release PR Training, LLC and any of its employees, the YMCA, Northside HS, sponsors or other representatives from any and all liability. This includes any claims for damages, demands and actions which may arise due to all possible injuries incurred as a result of my participation in this event, even if such a liability arises out of the actions or negligence of PR Training or its agents. I certify that I am medically and physically capable of participating in this program. I also understand there will be no refunds for this coaching, unless it is cancelled due to low enrollment.
 Signature (Parent or guardian if under 18):

Signature: _____

Date: _____