

ID Coaching Price List

Below are the services provided by ID Coaching and delivered by Pita Oates. The prices shown are final unless agreed otherwise.

Runners MOT

1 hour running session and assessment. During this Pita will observe your running for style, economy and breathing control and monitor your overall performance throughout the session. The next step will then consist of a follow-up email with a written assessment of your session outlining a number of actionable points for you to go away and work on improving yourself.

PRICE: £20

Individual Development Assessment (ID Assessment)

1 hour running session and assessment. During this Pita will observe your running for style, economy and breathing control and monitor your overall performance throughout the session. The next step in the Individual Development Assessment is a follow-up email with actionable points which Pita will liaise with you on agreeing and setting targets and goals. You will then receive a 3-month training plan for you to work to and you will also be entitled to weekly email support for checking in and monitoring progress towards your agreed goals/targets.

PRICE: £40

Individual Running Coaching

These are all on-to-one sessions with Pita where you will work together on the targets and the programmes that were given to you to follow in your ID Assessment. Generally speaking, these sessions will be focusing on strength, stability, flexibility, speed and endurance which will all help you become a stronger, faster and better runner.

PRICE:

1 session - **£30**.

2 sessions - **£50**.

3 – 5 sessions - **£65 - £100**.

6 or more sessions booked together - **£20** per session.

Online Running Coaching

A service that offers online advice and support based around your training goals and needs. Not strictly all online as with this service, you will get access to a private conversation with me about your targets and progress, full email support and progress catch ups via phone at an arranged time

and date. This enables those who don't have the time or aren't based near me to benefit from the services that I provide.

PRICE:

1 month - **£35**.

2 – 3 months - **£25** per month.

4 – 12 months - **£20** per month.