



1:1 COACHING SERVICES

Coaching with one goal in mind. You!



1:1 Custom Coaching **Gold**

Best for runners of all abilities looking for a more customized training plan. Whether you're just getting started or trying to break a PR, this provides athletes with the highest amount of interaction and feedback.

4 months \$155/mo · 6 months \$145/mo · 12 months \$140/mo



1:1 Custom Coaching **Silver**

Great for athletes looking for a coached road map with guidance and check ins along the way. This plan can be tailored for any distance or fitness goal.

4 months \$119/mo · 6 months \$109/mo · 12 months \$99/mo



1:1 Custom Coaching **Bronze**

Great for athletes looking for a customized training plan without guidance or check ins and who desire to keep a schedule in the off season, short term goals (like a 5K or PRT), or general fitness and conditioning.

4 weeks \$99 · 8 weeks \$159 · 12 weeks \$199



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1:1 Strength Coaching

A customized coaching plan that guides that you through progressive weight lifting workouts specific to your sport, using the equipment that you have access to.

3 months \$149/mo · 6 months \$145/mo · 12 months \$139/mo



Nutrition Strategy

See real changes by forming healthy habits. Nutrition coaching can be used as a complement to your personal training sessions, or sign up for nutrition coaching alone.

\$99 / 1 hour session



Race Prep + Training Consultation

Don't show up to the start line hoping for a good day - show up with a plan. Schedule a consultation with Coach D, who will create a race day strategy that fits.

30 mins / \$60 · 45 mins / \$75 · 60 mins / \$90



www.RunwithCoachD.com



Text 570-814-3898



RunwithCoachD@gmail.com

CHOOSE THE PLAN THAT'S BEST FOR YOU.

	GROUP	1:1 BRONZE	1:1 SILVER	1:1 GOLD
Customized Program	✓	✓	✓	✓
Race Day Strategy	✓	✓	✓	✓
Check-In Call	Monthly Group Zoom	Option to add	Option to add	Monthly Phone Call
Plan Adjustments	×	×	Weekly	Weekly
Nutrition Guidance	×	Bundle and save	Bundle and save	Bundle and save
App-Based Training	✓	Custom PDF Plan	✓	✓
Strength Exercises	✓	✓	✓	✓
Mobility Exercises	✓	✓	✓	✓
Gait/Strength Assessment	×	×	×	✓
Unlimited Coach Access	×	Email	Email	Text + Email



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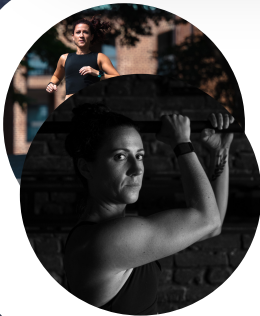
BUNDLE AND SAVE ON 1:1 COACHING PLANS.



Running + Strength

You don't have to sacrifice gains while you are training to go longer. Great for athletes who want to maximize their strength training.

Save 20% on Strength with code [GETSTRONG](#)



Running or Strength + Nutrition

Great for athletes looking to pair their running or strength with total body to meet your personal fitness goals.

Save 20% on Nutrition with code [FUELSTRONG](#)



Running + Strength + Nutrition

Maximize your running and strength with custom nutrition. Perfect for athletes looking to learn how to fuel strong with your training plan.

Save 20% on Strength and Nutrition. Ask Coach D how.



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GROUP COACHING

You choose your own start date. Athletes in group coaching programs receive a custom training plan with paces, strength and mobility training, and more - all with a community of like-minded Coach D athletes.



5K Break the Tape

Over 6 weeks, athletes will build three main areas of performance: their aerobic engine, running strength (speed, power, and strength), and mental toughness.

6 weeks \$99



10 Miler

Athletes will build their ability to hold threshold efforts for longer periods of time while developing resilience to the demands of the double digit distance.

10 weeks \$199



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GROUP COACHING



Half Marathon

Athletes will receive training workouts complete with intervals, recovery runs & guidance on how to complete your distance runs (aka the long run!).

3 months \$89/mo • Pay in Full \$240



Marathon Foundations

Marathon Foundations is an 8 week training plan designed to bring you to the beginning of marathon training feeling strong and confident in your running.

2 months \$89/mo



Marathon

Run your own race. Select 4 or 6 months of training. Receive custom training paces, recovery and form development, and strength exercises.

4 months \$89/mo • 6 months \$89/mo



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MEET DANIELLE

Certified Run Coach & Personal Trainer

Follow on Instagram: @runwithCoachD

See Coach D on [Runner's World!](#)

RUNNER

17 marathons and 30+ half marathons

3:47 Marathon PR

22:54 5K PR

PERSONAL TRAINER

Certified PT with NASM

Pre/Post Partum Training

Corrective Exercise Specialist

NUTRITION COACH

Precision Nutrition Coach (PN1)

Focusing on using food as fuel

TRIATHLETE

3x Ironman 70.3 finisher



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