

Nina Anderson - Pricing

Nina covers:-

- Periodised running programmes (event specific - Nina coaches sprints through to marathon)
- Technical sprint drills
- Event specific strength and conditioning

Prices for technical running drills (these take place @ Parliament Hill track)

1 to 1 - £30.00
1 to 2 - £40.00 (i.e. each athlete pays £20.00)
1 to 3 - £52.50 (i.e. each athlete pays £17.50)
1 to 4 - £60.00 (i.e. if 4 athletes each pay £15.00)

Package for 1 to 1 running session (@ Parliament Hill track) and weekly run plan

1 to 1's only - £50.00 this cost includes an hour track session (track fee applicable) and a (goal orientated) running schedule for the week. This is ideal for someone who doesn't want to commit to a monthly fee. It will offer guidance for strength and conditioning but will not include a weekly periodised gym programme.

Prices for gym sessions (these take place @ variety of gym locations - individual gym fee also applicable)

1 to 1 - £50
1 to 2 - £60 (i.e. each athlete pays £30.00)
1 to 3 - £75 (i.e. each athlete pays £25.00)
1 to 4 - £80 (i.e. if 4 athletes each pay £20.00)

Prices for a full event specific written weekly training programme (including all running sessions and all aspects of strength and conditioning (so full periodised gym programme) designed around goals, individual ability, requirements and time available.

- £173.33 (i.e. £40/week calculated at £40 x 52/12)
- This can be paid with a monthly standing order payable on 1st of the month in advance (£173.33) or weekly standing order (£40) payable on the Saturday prior to the week ahead - training week runs Monday to Sunday
- Includes as much email/phone dialogue as required
- Any athlete on this package will then have a cost reduction of:-
 - 1 to 1 sprint drill session cost reduced to - £25
 - 1 to 1 gym sessions reduced to - £40

Prices for a strength and conditioning weekly training programme (including all aspects of strength and conditioning (periodised in coordination with running/season etc. and incorporating injury prevention work i.e. pre-hab) designed around goals, individual ability, requirements and time available.

- £100 per calendar month to be paid with a monthly standing order payable on 1st of the month in advance
- Includes as much email/phone dialogue as required
- Any athlete on this package will then have a cost reduction of:-
 - 1 to 1 sprint drill session reduced to - £25
 - 1 to 1 gym sessions reduced to - £40