

Nina Anderson - Price List 2022

Nina covers:-

- Technical sessions which includes sprint drills and track session - (these take place at Parliament Hill athletics track NW3 2JP - track fee applicable)
- Periodised running programmes (event specific - from sprints through to marathon)
- Event specific strength and conditioning

Prices for **technical session for Young Athletes** - all fees payable on the day of session by cash or bacs (Anderson Solutions Ltd, Acc No 42031280, Sort Code 09 06 66)

- 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)

Prices for **technical session for adults** - all fees payable on the day of session by cash or bacs (Anderson Solutions Ltd, Acc No 42031280, Sort Code 09 06 66)

- 1 to 1 - £55
- 1 to 2 - £100 (i.e. each athlete pays £50)
- 1 to 3 - £135 (i.e. each athlete pays £45)
- 1 to 4 - £160 (i.e. if 4 athletes each pay £40)

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.

- £45/week payable in advance by standing order on the Friday prior to the week ahead - training week runs Monday to Sunday. This includes as much email/phone dialogue as required

Provided a booking is cancelled with more than 24 hours notice there is no charge but a cancellation within 24 hours of session time will incur the full session fee. The session will not be cancelled due to any weather conditions unless there is snow on the track and we are unable to gain access.

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