

DIVAS Run Personal Coaching Services Overview

Personal Full Coaching	Face-to-Face Coaching	Online Coaching with Face-to-Face Consultation	Online Coaching with Phone/Email Consultation	Group Coaching 3-person minimum
1-hour monitored session	X			
SMR/Flexibility/Movement Prep	X	X	X	X
30-min. Strength Training	X Optional. Add'l. charge applies*			
Gait Analysis	X	X		X
Basic Postural Assess.		X		X
Full Postural Assess.	X			
Fitness Testing	X	X		X
UBF Membership	X Applies to Strength Training only*			
Face-to-Face Consult.	X	X		X
Detailed Training Plan	X	X	X	X
Phone Consultation		X One Phone Consult. per training plan phase.	X	
Personal Coaching Lite	Individual Race Plan	DIVAS Run Meetup Group Race Plan	DIVAS Run On-the-Go	
Face-to-Face Consult	X			
Gait Analysis	X			
Basic Postural Assess.	X			
Basic Race Plan		X		
Detailed Race Plan	X			
Drop-in/Fun Run	\$5 fee waived**	\$5 fee waived**	\$5 fee	
RRCA T-Shirt	X***	X***		

*\$25/hour per session per month for additional 30-minute Strength Training. \$55 UBF Monthly Membership fee required on all Strength Training.

**\$5 fee waived for DIVAS Run clients who have already purchased and currently enrolled in a DIVAS Run training or coaching plan.

***RRCA We Run the Nation T-shirt included in Individual Race and Meetup Group Race Plan packages.