



# 1:1 Coaching & Training

with **Sarah Russell MSc, CiRF**

I am now delighted to be able to offer a limited number of 1:1 training sessions. All coaching is 100% bespoke and designed specifically around your own needs. You can book a block of 6-8 sessions or a one off. It's intended to be very flexible and built around your needs. I can come to your home or we can meet at a suitable venue/location.

**\* Note \*** I am not offering ongoing Personal Training. This service is intended to be short coaching courses or one off sessions focusing on running, core and technique.

**Cost £45 per hour/session**

**1:1 Coaching/Training** - Choose a short block of sessions (4-8 weeks) or a 'one off' to focus on any of the following. These are suggestions, as our sessions will focus on your needs and goals after an initial assessment.

- Running Technique – video analysis, drills for correction and assessment. This is not 'gait analysis' but simply to focus on good posture, good form and improve basic technique. Will get you running more efficiently, faster and with reduced risk of injury.

Depending on your goals, sessions could also focus on any of the following:

Core stability (assessment and programme), Fitness testing, Heart rate training, Hill Rep Training, Nutrition/Fuelling for running, Speed Work, Foam Rolling, Warm ups, Stretching and Training Programme/schedule. All sessions are devised around your goals and needs.

## 1:1 'Get Started/Back on Track' Programme

Ideal for those who are nervous about joining Sarah's Runners group or for those who would like a 6-8 week starter/returner programme with some extra TLC and 1:1 attention. The focus will be on running technique, posture, running style and core stability. Also on building fitness safely and effectively and can include a written programme as well.

Please email me on [sarahsrunners@aol.com](mailto:sarahsrunners@aol.com) for more information or for an informal chat. Or call my mobile on 07900 825 836.

I have an MSc in sport science, 20 years experience as a coach and trainer and am a UKA qualified athletics coach.

