

# Running & Walking Personal Coaching

Three Rivers Running Company

Our goal is to provide proven advice for those individuals who are looking to complete a race from 5K to the marathon. Based on a detailed questionnaire and interview, we will design a customized training program that will match your current fitness level and fit your personal schedule as well.

Our number one goal as 3RRC coaches is to help you reach your goal, whether it's finishing your first 5K or making it to Boston!

## Personal Coaching Client Information

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ DOB \_\_\_\_\_

Training Shirt Size \_\_\_\_\_

Current miles per week \_\_\_\_\_

Currently training for \_\_\_\_\_

Best time to contact \_\_\_\_\_

#1 training goal \_\_\_\_\_

*Waiver:* I assume all risks with participation in TRRC Personal Coaching Services. I, for myself and anyone entitled to act on my behalf, waive and release Three Rivers Running Company and its employees and representatives from all claims of liabilities of any kind from my participation. I confirm that I am in good physical condition such that I can safely participate in these services. I permit photos, videos, or images of me to be used for business related purposes.

Signature \_\_\_\_\_

Date \_\_\_\_\_



4039 N. Clinton St. Fort Wayne, IN 46805  
260-496-8000 | [www.3riversrunning.com](http://www.3riversrunning.com)

**Coach Mike Else** Coach Mike Else is a Certified Running Coach with Road Runners Club of America (RRCA) and is also a Certified Personal Trainer with American College of Sports Medicine (ACSM). He started his running career in 2003 when he trained and ran the Chicago marathon. Since that first race in 2003, he has competed in all distances from 5K to 100 mile ultra-marathons (the Western States 100 in 2016). He has qualified for Boston multiple times with a marathon PR of 3:16. Mike will be competing in the Boston and Chicago marathons in 2017. He also serves as running coach for local running groups like Fort Wayne's Smallest Winner and the Fort4Fitness "Get Fit" running group.

## Training Packages

### Diamond Premier Plan

This all-inclusive package is perfect for the athlete who lives a busy life and needs guidance on a weekly basis. If you live near or around the Fort Wayne area, **I will meet with you once per week for approximately 1 hour.** As an alternative, we can meet via Skype or Facetime as needed also. Each client will have unlimited communication with coach Mike by email, phone or text. Your training plan will be administered through your Final Surge coaching account. Payment options are below.

Monthly payment – 200.00/mo.  
First 2 months due with initial sign up

### Gold Preferred Plan

This package is great for the athlete who needs a personal coach for motivation and a plan that is flexible to meet their needs and lifestyle changes. This plan comes with unlimited changes when needed and the client has unlimited communication via text, phone or email. Your training plan is administered through your Final Surge coaching account.

Payment options are below.

12 weeks – 260.00      16 weeks – 350.00

20 weeks – 400.00      24 weeks – 450.00

### Silver Advantage Plan

This package is great for the athlete who needs direction in the form of a structured training plan and can execute it on their own. Their plan will be administered through their Final Surge coaching account. Unlimited contact is available via email with coach Mike. Payment options are below.

12 weeks – 180.00      16 weeks – 240.00

20 weeks – 275.00      24 weeks – 325.00

### Coaching Consultation

A 1 time 45 - 60 minute meeting that can take place in person or over the phone. Perfect for those who have training questions but are not ready for a full training schedule. Cost – 45.00

*My number one goal is to help you achieve your goals.  
If you have any questions my email is  
[mike@3riversrunning.com](mailto:mike@3riversrunning.com).*

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**Personal Coaching**

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