



# Personalized Run Coaching

## Coaching Program:

Beginner 8 week - 5k&10k programs, 12 week - 1/2 marathon programs, and a 16 week full marathon program.

## All programs include:

- Consultation to assess current fitness, schedule and goals
- Weekly hill/speed workout based on your fitness level
- Personalized weekly training schedule based on your fitness level
- Form, strength, and flexibility advice
- Weekly check in via email or phone contact
- Recovery plan if sickness or injury occurs

Cost: 8 week program - \$150\* (5 & 10k)  
12 week program - \$225\* (1/2 Marathon)  
16 week program - \$300\* (Full Marathon)

\*Sign up with another participant and receive a 10% discount per person, 20% if you have 3 or more. Minimum 2 month program.

## Group coaching:

Registration is currently open for:

Enumclaw Street Fair 5k starting May 24<sup>th</sup>.

Seattle Marathon training program starting on August 1<sup>st</sup>.

**Coach:** Kevin Myers has been a runner and coach for over 30 years. As a competitive runner Kevin has competed in races from 5k road and track up to 100 mile trail ultras. A member of the Nike corporate team that placed 3<sup>rd</sup> at the corporate national championships he has held several course and age group records in ultra events. As a coach Kevin has worked with athletes from beginning runners/walkers to Olympic trials qualifiers. In addition to coaching individual athletes Kevin spent 2 years as an assistant cross country and track coach at Lane Community College before taking over the men's program for three years. In 1989 he was selected to train the Bangladesh national track and field team.

For more information contact Kevin Myers at 360-802-5212 or email me at [Kevin@plateaurc.com](mailto:Kevin@plateaurc.com)