



RUN COACHING PACKAGES

AxIT Performance Testing | MAS Testing | Periodised Mesocycles | Integrated Strength

EVIDENCE-BASED RUN COACHING FOR ALL ABILITIES: FROM BEGINNERS TO ADVANCED ATHLETES, AND FROM SPRINTING AND TEAM SPORT CONDITIONING THROUGH TO 5 KM, MARATHON AND ULTRA-DISTANCE EVENTS.

01 RUN PERFORMANCE

\$39 / week

Personalised programming with group run sessions

- 1 x 30 minute initial consultation, including goal setting and MAS testing
- Structured periodised training plan with progressive 4-8 week mesocycles provided through our Members App
- Up to two (2) coached ARC Group Run sessions each week, as per published timetable
- Messaging support with 48-hour response time
- Program adjustments for illness, injury, fatigue or schedule changes
- Monthly review and MAS testing

Best for: *Recreational runners, trail runners and court or field sport athletes wanting personalised coaching and structured progression.*

02 PERFORMANCE MEMBERSHIP

\$59 / week

Integrated running, gym access, strength programming and testing

Everything in Run Performance, PLUS

- AxIT Performance testing using force plates and timing gates every 8 weeks to guide training zones, progress tracking, and future mesocycles.
- Race planning, pacing strategy and taper/load guidance
- Unlimited ARC open gym access
- Periodised strength training program
- Nutrition guidance for training, racing and recovery
- Unlimited messaging support with 24-hour response time

Best for: *Athletes wanting fully integrated running and strength coaching with regular supervised training and objective performance tracking.*

03 PERFORMANCE PLUS

\$69 / week

Integrated coaching with one monthly private session.

Everything in Performance Membership, plus:

- 1 x 45-minute private coaching session **every month**

Session focus may include:

- Running technique and efficiency
- Interval or hill training support
- Pacing strategies and race preparation
- Monthly AxIT testing and review

Best for: *Athletes who benefit from regular technical coaching, one-on-one feedback and extra accountability.*

04 ELITE PERFORMANCE

\$99 / week

Complete weekly coaching for competitive runners.

Everything in Performance Plus, plus:

- 1 x 45-minute private coaching session **every week**
- Fully integrated running, strength and recovery programming
- Advanced periodisation for multiple goal events
- Priority program adjustments
- Comprehensive race planning, taper and post-race recovery
- Additional AxIT testing and performance review as required

Best for: *Competitive runners and athletes striving to achieve peak performance while reducing injury risk.*