MARATHON TRAINING



TRAINING PLANS DESIGNED FOR YOU

Private Health Professionals

FIRST MARATHON OR LOOKING TO IMPROVE YOUR PB?



Taking part in a marathon requires months of preparation to improve conditioning, strength and fitness. Get expert help from a PHP running expert.

Create your own package

- Consultation and plan setting
- Gradual stepping up
- One on one coaching
- Nutritional advice
- Physio & Massage
- Designed to fit your fitness level, available time and lifestyle

RUNNING PACKAGES INCLUDE:
• Running/timing structured interval sessions • Running benchmarking sessions (e.g. 5k/10k time trails)



RICK FIELDER
Rick Fielder is an experienced marathon runner and Personal Trainer with a Diploma in Exercise Referral and a UKA Coach qualification in Running Fitness.



LIZ FIELDER
Liz is an experienced marathon runner with a BSc(Hons) in Sports, Fitness & Coaching and is a UKA Coach in Running Fitness.

To discuss your package, please call
01271 316 015 or visit: **privatehealthprofessionals.co.uk/run/**