

# FUREY 26.2

## Description of Coaching Services

- Beginning December 16, 17 Saturday group long runs fully supported with water, Gatorade, snacks, every few miles. Tremendous comradery and group energy with 150 other beginner marathoners
- Complimentary physical therapy injury assessments following the Saturday runs performed by Joint Ventures physical therapists. If you cannot attend any runs. We can schedule you for a screening at one of the 14 Joint Venture locations in Greater Boston.
- Wednesday evening group hill runs at 5:30 pm in Boston Common beginning January 17<sup>th</sup>
- Unlimited access to coach via email for questions, concerns, or training assistance as needed
- Weekly email newsletters sent every week beginning November 14<sup>th</sup> with training tips, nutrition information, and details about upcoming training runs
- Furey 26.2 online training manual with 8 different 20-week, day by day, training schedules to follow
- Various workshops, discount shopping weekends at Heartbreak Hill Running Company throughout the season, including 8-week nutrition class lead by a registered dietitian/sports nutritionist