

Description of Furey 26.2 Training Program/Coaching Services

- 21 weeks of Saturday group long runs on the Boston Marathon course.
- 14 weeks of coached and supported hill runs in Boston Common on Wednesday evenings.
- Individual coach check in every 15 days
- Tremendous camaraderie on Saturday runs with 150 runners from 18 different charities.
- Weekly email newsletter covering upcoming long run, nutritional tips, injury issues, mental prep, and motivational tips.
- Individualized 20 week training plans designed to meet your specific needs and goals.
- Email access to coach anytime for program assistance and training questions.
- Training manual filled with valuable information.
- Saturday workshops on strength, yoga, nutrition following the long runs.
- Video gait analysis.
- Complimentary injury screening by Joint Ventures Physical Therapists.
- Three Physical Therapists on site following Saturday long runs to assess injuries and answer question. **THIS IS THE SINGLE MOST IMPORTANT PART OF PROGRAM.**
- Use of Joint Ventures immaculate 8,000 sq. foot facility to stretch, roll, warm-up, cool down, shower and change.
- Luxury bus ride to Framingham for 21-mile long run.
- Post long run bash on March 25.