



Monthly Coaching Cost; £50 a Month

Aims Of Our Monthly Coaching;

The aim of our monthly coaching package is to maximise your running potential whilst fitting into your current work/life balance. Our personalised plans are designed to help you to reach your running goal(s) in a way and at the speed that will suit you and your lifestyle. Our aim is to see you pushing forward, enjoying your training and hitting the milestones we set together, giving you confidence and knowledge in your capability along the way. I want to help you to get the best out of yourself whilst maintaining your enjoyment for the sport!

Included In Your Monthly Coaching;

- 1) A personalised monthly training plan tailor made to suit your fitness level, lifestyle commitments and goals.
- 2) Easy to understand instructions on specific sessions i.e.; training intensities / effort levels.
- 3) Once a week feedback on the previous weeks training communication via email. This gives you the opportunity to discuss the next upcoming week of training and ask any questions you may have.
- 4) Training monitored via Strava / Garmin (if applicable) – discussed with you before the coaching starts.
- 5) Access to a private Strava group with other coached members of FOD Runner (if applicable).

Not Included In Your Monthly Coaching;

As much as we would love to help you with every aspect of your running, please note our monthly coaching does not include;

- 1) Strength & Conditioning routines.
- 2) Nutrition advice.
- 3) Injury Advice.

Please also note; our monthly coaching package, along with any other training plan, is just a guide and should be followed sensibly and with due care. Whilst we will work with you to find balance, it is your responsibility to execute any training correctly and in a suitable way within your fitness levels. You will be expected to disclose any health/injury details with us during the process so your plan can be adapted to suit as needed.

To Ensure Our Clients Safety, All Monthly Coaching Plans Are Subject To The Following Terms & Conditions;

1) Injuries

a) We are not medically trained and cannot advise on or be held responsible for any injuries that may incur during your training. It is the clients responsibility to only perform the training if they are fit and well and it is suitable. Virtual Running Events Ltd T/A FOD Runner is not liable for any injuries that may arise whilst being coached and any costs associated from this.

b) It is your responsibility to correctly inform us of all relevant medical history including injuries. If you are dealing with a health issue/injury prior to or during your monthly coaching, it is your responsibility to inform us of this. We cannot be held liable for any scenario that may arise if you do not inform us.

2) Payment

a) Payment will be made by monthly standing order into our bank account OR via PayPal, no other payment method will be accepted.

b) The first date of payment is the starting day of your monthly coaching package, this will be discussed with you.

c) Your monthly payment will be expected to come in on the same day each month. You may be subject to a charge of £10 per week for late payment, or full cancellation of your training plan if payment is not received on the correct date. If you have any issues with making payment, please email us on fodrunner@gmail.com

d) Monthly coaching package price is subject to change. Our customers will be informed of any price increase one month in advance.

3) Cancellation

a) You can cancel your monthly coaching package with 7 days notice, this must be provided in writing to fodrunner@gmail.com.

b) If you cancel part way through a month or less than 7 days before your next months renewal, no refund will be provided for any payments that have already been received.

4) Strava Group

- a) When your coaching ends, you will be removed from the private Strava group as it is for members only.
- b) Whilst we will monitor posts within the Strava Group, if any issues arise, it is be the responsibility of the client to inform us so we can deal with them.

5) Use Of Your Details In Our Promotion

- a) We may share your social media/Strava/Garmin posts on our own platforms or tag yours to congratulate you or highlight your training as promotion of our plans. We will not give out any personal information in these posts. If you do not wish us to use your posts or tag you, please inform us before starting your plan.

6) Changes To our Terms & Conditions/Privacy Policy

- a) If any changes/additions to our terms and conditions are made, you will receive these via email. A copy will be available to read on our Monthly Coaching page on our website.
- b) Please refer to our Privacy Policy, available to read in the footer of our website www.fodrunner.com.

7) Your Data

- a) We will not sell or pass on your data in any way. All data is covered under GDPR regulations through our company, Virtual Running Events Ltd. Company number; 10521174. Please refer to our Privacy Policy (see above) for more details.

8) Copyright

- a) Copyright This website, including but not limited to its content, layout and design, is Copyright of Virtual Running Events Ltd T/A FOD Runner. No part of this website may be reproduced in any form without the express permission of FOD Runner. However, permission is granted to electronically copy and to print in hard copy portions of this website for the sole purpose of conducting business with FOD Runner.
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c) All personalised training plans designed for our clients are copyrighted and are not to be reproduced, posted publicly, given or sold to anyone else.