NEXT LEVEL DISTANCE RUNNING

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**Why choose Next Level Distance Running**

Many years of training individuals

Successful training experience for runners of all ages, abilities, and goals.

Successfully trained individuals through direct contact meetings and online training processes.

Personalized training programs designed to meet your individual needs

Educational information provided which allows for a greater understanding of why you are doing what you are doing in your training.

**My training philosophy**

Regardless of the training goal - the program and training should be a process that can be enjoyed and provide the preparation needed to enjoy the event. Positive memorable experiences keep people participating and my goal is that individuals will continue with a running training program, even if for no other reason than to maintain good health and a high quality of life. The goal of the training should also be to learn about the training process, so there is a better understanding of the program design. The intent is to provide an educational, as well as, a training experience.

**Online Training Package includes:**

4 + Months of training guidance and information

Online power points

Training Videos

Personalized training program designed to meet your individual needsBi-weekly training log check in

Ongoing training adjustments to your training program

Ask the trainer access

Online narrative power points will present on a number of topics including:

Running form

Nutrition

Injury prevention and treatment

Program design

Event preparation

Event strategy

More…

**Face to face training package includes:**

All of the benefits of the Online Training Package

Weekly group training runs

Weekly interaction with trainer and other members from June through mid-October

More..