Online Coaching Regular

\$65 per month

Intake video call

Video call - 1x per 5 weeks

Feedback on training frequently

Changes to the schedule when needed

Contact via Whatsapp

Free Runners Guide E-book

Online Coaching Premium

\$90 per month

Intake video call

Video call - 1x per 3 weeks

Feedback on training frequently

Changes to the schedule when needed

Contact via Whatsapp

Free Runners Guide E-book

At least once per half year a personal training under my guidance

Online Coaching Exlusive

\$125 per month

Intake video call

Video call - 1x per 3 weeks

Feedback on training frequently

Changes to the schedule when needed

Contact via Whatsapp

Free Runners Guide E-book

At least once per half year a personal training under my guidance Effort Test With VO2-Max & HR zones (Every 6 months, value \$200)

1-on-1 Coaching

\$120 per training

On your desired location

Personal training (1,5 hours)

Analysis of your running form

Time to ask all your questions

Optional coffee (afterwards)

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Running Clinic

Send me a email or fill in the contact form for pricing

On your desired location

Training for a group (1,5 hours)

Fun & Play during the training

Time to ask all your questions

Optional coffee (afterwards)

Free Runners Guide E-book

Optional lecture about my phylosofy on training and my running yournee in Iten Kenya