

Sherunz

Personal Coaching

Both coaching packages offer a solid foundation with periodised training, strength & conditioning support, but the key difference lies in the level of contact and planning details.

RUN FIT \$10/WK

ideal for those who prefer a more independent approach, with monthly planning / phone call and weekly email check-ins / minor training plan updates.

Monthly

- Periodised planning
- Strength & conditioning plan
- Monthly phone call

Weekly

- Weekly email / text
 - Minor training plan updates
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1:1 PERSONALISED COACHING \$30/WK

offers a more hands on, high touch experience with weekly planning / daily contact via email / text / updates to training plans, and a weekly phone call. Perfect for those wanting more accountability, support and flexibility. It's especially beneficial if you're recovering from injury or approaching a key race and need closer guidance and support. Also included, is race planning, strategy, support and post race analysis.

Weekly

- Periodised overview
- Strength & conditioning plan
- Weekly phone call

Daily

- Daily email / text
- Comprehensive training plan updates

Race planning, strategy, support and analysis

ABOUT

STRUCTURED PLANS

I have over 20 years' experience in helping athletes achieve their goals. My coaching plans are practical, adaptable and personalised to fit into "real life / your life"

ONLINE SYSTEM

You have full access to our comprehensive web and mobile apps so you can follow your training plan and track your progress at the touch of a button. Apps are available on both Android and iPhone devices.

HELP AND SUPPORT

Personalised support and help from me, a fully qualified sports science backed coach. All contact is direct and freely available as per the plan you select.

ABOUT

As a qualified run coach, I hold a Tertiary level Sport Science Qualification (NZ and International), Personal Training and additional Run Specific Coaching qualifications.

I have been a national level athlete in Swimming, Cycling, Duathlon, Triathlon and Running and have represented NZ in Triathlon (short course, 70.3, Ironman), and Running. I am currently the 2nd ranked female of all time in NZ for 6 day running and in 2023 was ranked 10th in the world for 10 days and 6th in the world for 72 hour running.

Being a wife, mum and business owner, I understand the juggle. I have also suffered my share of set backs, with an achillies rupture and a kidney tumor removal.

My coaching is truly personalised and focuses on YOU.

That's why I offer personalized coaching options, to fit within YOUR budget. The focus isn't just on pace, but on understanding YOUR unique challenges and goals.

