



# COACHING

Are you looking to run a  
5k...10k...Half Marathon...Marathon.....  
and / or are you looking to receive Coaching  
to help you achieve a Personal Best  
Performance at your next event?

Training Plans, Stretching Guide, Healthy Eating Guide,  
Lifting Recommendations

We are offering Coaching for runners like you — Training Plans & Personal Coaching

## TRAINING PLAN & PERSONAL COACHING

- \$199 per month for 1 month
- \$189 per month for 3 months
- \$179 per month for 6 months
- \$169 per month for 12 months

\* Hourly Rates Available for on-site coaching in the Cleveland Area



## Monthly Training Plans & Personal Coaching includes the following:

1. Event Specific Training Plan for each month.
2. Online access with your Coach via e-mail.
3. Four phone calls per month with your Coach
4. Will provide the following: Stretching Guide, Healthy Eating Guide, and Lifting Recommendations

Craig is a USA Track & Field Level 2 Endurance Certified Running Coach.  
He started guiding athletes in 1998 when he founded Puma Midwest Racing TEAM,  
a running TEAM for post collegiate athletes.  
He has helped numerous athletes reach their personal best performance  
in many different events and continues today as an  
Assistant Track & Field and Cross Country Coach at Mentor High School.

Contact Craig Nieset at: [craignieset@gmail.com](mailto:craignieset@gmail.com) or (330) 421-3145

