



## Moorestown Mile to Marathon Coaching Service

Every athlete aspiring to better themselves in any area of their sport is more likely to do so with a little help and direction from a coach. Being located in the middle of a runner-populated town, the Moorestown Running Company sees an opportunity to help any runner, casual or competitive; improve in any distance from the mile to the marathon.

Our Mission is to replace the classic "strictly email" coach by providing a personalized, face-to-face, ultra accessible coaching service that is tailored to be convenient and reliable. We want you to achieve your goals, whatever they may be!

### Coaching structure:

- Initial assessment of current fitness level and goals
- Bi-weekly training schedule updates and progression assessment
- Personal Coaching supervision twice a week
- Phone and email communication available at all times

### Store affiliation benefits:

- 20% off of everything in our store
- Access to networks of running groups
- Constant access to store affiliated coaches

### Coaching Staff:

#### Ralph Harris – Coaching Coordinator

- Ralph Has coached at the high school level for four years at Camden Catholic High and has competed at the high school and college level.

### Pricing:

- \$100. monthly

If you are interested or have questions contact Ralph Harris at 856-234-9371 or email him at [Ralph@runningco.com](mailto:Ralph@runningco.com) or check out his coaching/running blog at <http://runralph.blogspot.com>