



# Coach Cathrun

*when "just want to finish" is no longer good enough.*

Running Programs for individuals,  
teams and groups.

## RATES & SERVICES

**Race Preparation:** **\$199**

Design an 8-12 week training program to prepare athlete for specific event or specific goal. Includes:

- One on one meeting via phone, skype or in person and reviewing goals, schedules, etc.
- A complete program with daily workouts.
- Weekly check-in's via email or phone

**Video analysis:** **\$75**

I will film the athlete running and review form, technique and provide drills and exercises to correct any form issues found in analysis.

**Personalized Workouts** **\$75/hour (plus travel if out of Santa Rosa)**

personal workouts where I will meet athlete at the track or other locale and provide coaching during the workout.

Catherine DuBay

Operating at Montecito Heights Health Club

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