



MARATHON PACKAGES 2011

SILVER

- Physiotherapy assessment
 - Podiatry/Chiropody
 - Free consultation with Strength & Conditioning Coach
 - 1 x 1 hour Strength & Conditioning sessions per week for 10 weeks
- *Discounted @ 5%

Cost £583.00

Want to add on Sports massage after those long runs? Add a 30min sports massage for £40.00

GOLD

- Physiotherapy assessment
 - Podiatry/Chiropody
 - Free consultation with Strength & Conditioning Coach
 - 2 x 45min Strength & Conditioning Coach sessions per week for 10 weeks
- *Discounted @ 5%

Cost £868.00

Want to add on Sports massage after those long runs? Add 4 x 1 hour sports massage and qualify for a 5% discount on massage therapy at a cost of £228.00.

BLACK

- Physiotherapy assessment
 - Podiatry/Chiropody
 - Free consultation with Strength & Conditioning Coach
 - 2 x 1 hour Strength & Conditioning Coach sessions per week for 10 weeks
- *Discounted @ 10%

Cost £1,008.00

Want to add on Sports massage after those long runs? Add 5 x 1 hour sports massage and qualify for a 10% discount on massage therapy at a cost of £240.00.