

SERVICES & FEES

ANDY MOUNCEY - COACH

ULTRARUNNING

Pimp My Training Plan

You have a plan and you are bored, stuck or unsure? Let Andy review it to ensure it is fun, challenging, time-effective, and consistent with your goals.

£99.00 as one 45 minute coaching call with pre-call preparation.

Training Plan Framework

Andy will work with you to help you put an outline plan together that is right for you, consistent with your goals, and fits into your lifestyle. This means that you get a plan that you own and not something off the shelf.

£199.00 as 2 x 45 minute calls or 1.5 hours in person

Race-Specific Package

You can retain Andy for 3-6 months as your coach. He will write your training plan, give you regular feedback on your training diary, and be there to support all aspects of your preparation as/when you need.

Three months: £750.00 Six months £950.00

Troubleshooting By Phone or Skype

Andy can usually help you make a breakthrough in one session and rarely needs more than three.

1 x 45 minutes £59.00

3 x 45 minutes £169.00

Stay With Andy

Get the most from your time at Andy's home near Lancaster in the Yorkshire Dales, UK or an agreed location. Intensive 1:1 on all aspects of your preparation with Andy as your host. Your choice of content otherwise Andy will design your itinerary to fit your goals.

Half day £300.00

Full day £400.00

Includes one night accommodation with Family Mouncey and food for you and a friend/partner *subject to availability*.

Fee plus travel expenses if Andy travels to you.

Bespoke Packages: Contact Andy if you don't see what you need from the list above
Payment Plans available

PERSONAL TRAINING & COACHING

Personal Training Starting Out Package

Consultation, homework review, program design, 4 hours 1:1, phone and email support as needed £250.00

Personal Training Follow On Package

6 hours 1:1 phone and email support as needed £250.00

Personal Coaching

90 minutes 1:1 with pre-coaching homework £150.00

Massage / Treatment

£55.00 / 60 minutes