

SERVICES & FEES

ANDY MOUNCEY - COACH

ULTRARUNNING

BIG Value Training Plan Package

Choose a FREE outline from the list below.

[My First Hundred](#)

[Ultra Finisher To Competitor](#)

[Mountain Ultra](#)

[Marathon des Sables](#)

[My First Ultra](#)

Andy will answer your questions in 30mins call and send you his checklist so you keep on track.

£49.00 Training Plan Outline, Coaching Call & Race-Readiness Checklist

Pimp My Training Plan

You already 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.

Bespoke 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

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

Something Else?: Contact Andy if you don't see what you need from the list above but would like to work with Andy

Payment Plans available

Breakthrough Coaching Packages

What You Get

Set Up

Email me andy@doingbigandscaryrunning.com

We talk by phone/skype: I check what you want and need and whether I really am the coach for you

You get your pre-start homework

I tailor the program outline from your homework to create your personal plan

We talk and you give me feedback on your plan and make final adjustments

You get Week 1-4 from me and get started

Maintaining Momentum

You get 6 x 45 minute coaching calls to use as/when you wish

I make adjustments to your plan as needed

Post-Race Review

We talk through a structured review. I help you pull the lessons from your experience and how you can continue to progress. This is my gift to you and it's on me.

3 Months @ £175.00/month

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 £200.00

Full day £300.00

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.