



Services

Sports Massage: Prices per the various clinics

Programmes

Prehabilitation: £135 for 3 months, or a breakdown of £45 per month

Rehabilitation: £135 for initial consultation + 1st phase of programme. Then £35 per follow-up phase with new exercises until the end of the rehabilitation programme. If rehab material (eg. Strength bands, foam rollers etc) has to be purchased, this is at a separate cost.

Strength Training/ Conditioning: £135 for 3 months, or a breakdown of £45 per month

Running

One to One or One to Two

£40 per Hour, £35 per person per Hour

E-COACHING

£45 per Month

GROUP SESSIONS

PLEASE CONTACT ME FOR DETAILS

Discounts available for groups of two or more.

Packages available for specific event preparation

Running for Beginners

Base Fitness to 5K in 60 days

Intermediate Runners

Performance Enhancer (5K, 10K, Half Marathon)

Back to Fitness

Post Injury recovery or a break in training

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