

# *Coach Will's Coaching Programs*

*Coaching by Will Dillard*

(USAC/USAT/USATF/RRCA Nationally Certified Coach)

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[www.coachwillsathletes.com](http://www.coachwillsathletes.com)

Each training program is an individualized schedule based on the following factors:

1. What is the athlete's current health & level of fitness?
2. What is the date and distance of the goal event?
3. Is the goal to just finish the event with the best effort or to compete for awards?
4. How many hours per day and week can be devoted to training?
5. Is this a single sport or multi-sport event?

*8-Week & 12 Week Speed Training Program*

*Half-marathon, Marathon & Ultra-distance Training Program*

*12 Week 5K, 10K, 15K or 10 Mile Training Program*

*Triathlon/Duathlon Training Program (Sprint, Olympic, half & full Ironman)*

*Includes Form analysis for swimming, cycling & running if athlete is local.*

*Bike fit analysis is available for additional cost.*

*Track & Field Coaching available.*

*Internet & phone coaching also available*

*Nutritional analysis and planning is available for an additional fee.*

**One on one hourly contact is \$75/Hour. Initial consultation and analysis is \$75.00.  
Average cost: \$40/wk one discipline; \$65/wk two disciplines \$85/wk three disciplines  
(Billed in 4 week blocks)**

**If you train like you always have,  
you will receive the same results you always have.  
To be your best you must train to be your best.**

**I have coached American and International athletes to reach outstanding goals and to compete in National & World Championships.**