



performance

Your link to  
improvement.



# RxRunning Coaching Course Mission & Features

Expert coaching  
+  
committed athlete  
=  
race results

**The mission of the RxRunning Coaching certificate program is to provide beginning to intermediate level coaches with sound research-based training principles with real-world application.**

The program consists of formal presentations and training sessions, training program design application and one-on-one onsite coaching application.

- \* The training sessions are interactive group or individual PowerPoint presentations. The material presented is the most recent research based training information as opposed to popularized or anecdotal training methods.
- \* The application phase is taking templates, guidelines and research information and applying to case study athletes. The goal is to develop application competence, that is, to be able to create a unique workout program which works for the individual as opposed to a template that every athlete follows. Actual athletes may be used in lieu of case studies and are in fact encouraged.
- \* Integrated to the application, Dean Hebert attends actual training sessions (as applicable) to observe training interactions, ability to answer questions, give

directions and apply course material. The coaching process is seen as integral in developing as a competent coach.

- \* The entire program is approximately two months in length with weekly (or every other week) meetings. The meetings typically last from 30 minutes to two hours and are scheduled at the enrollee's convenience. If the course is part of a group session, the meetings typically last one hour each.
- \* Key Features:
  - Unlimited email and phone support throughout program.
  - Two months free follow-up support post-program completion.
  - Free monthly email addressing key training and coaching aspects.
- \* Course Materials:
  - The RxRunning Coaching Program manual (expandable)
  - A CD is included with all handouts, Excel training logs, time trial sheets and more.
  - Additional handouts on variety of topics.
  - and more!