



RunVie Racing is a local Tampa area Coached group and individualized duathlon, triathlon, and running program. We offer Coaching services for athletes to help them improve within their sport in a safe and proven manner. Coaches Dan & Joette Bergeson are certified USA Triathlon Coaches and Road Runners Association of America Coaches. We are CPR & First Aid certified.

Individualized Coaching Services

LACTATE THRESHOLD TESTING – BIKE OR RUN (\$125)

RUNNING FORM ASSESSMENT & DRILL SETS (\$95)

VIDEO TAPED RUNNING FORM ASSESSMENT & DRILL SETS (\$125)

INDIVIDUALIZED TRAINING SCHEDULE INCLUDING SPORT & RACE SPECIFIC DAILY WORKOUTS (\$85 & up)

PERSONAL RACE COACHING (\$200 per month & up)

GROUP SESSIONS AVAILABLE

USAT & RRCA Certified, Local, Coaches Dan & Joette Bergeson

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www.RUNVIE.com

All prices subject to change, services based on availability