

Our goal is to improve your overall athleticism that can allow you to participate in physical activities you enjoy with ease.

Developing athleticism can improve your fitness and quality of life in several ways:

1. **Improved Physical Health:** Athletics can help build strong muscles, improve cardiovascular health, and increase endurance and stamina, develop physical skills which can reduce the risk of certain health problems and allow participation in recreational and competitive sports.
2. **Better Mental Health:** Regular physical activity has been shown to reduce stress, anxiety, and depression and improve mood, self-esteem, and overall well-being.
3. **Increased Energy Levels:** Athleticism can increase energy levels and make you energy efficient, allowing you to distribute effort and energy as required.
4. **Improved Sleep:** Exercise has been shown to improve sleep quality, helping you to feel more rested and refreshed during the day.
5. **Increased Confidence and Self-Esteem:** By setting and achieving fitness goals, you can build confidence, feel more accomplished, and develop a positive body image. This gain in confidence has direct transfer to increase in productivity and well-being.
6. **Reduced risk of injury:** Increasing athleticism can improve your technique in physical activities, allowing you to do strenuous activities without overload induced injuries.

Components of our training program

- **Strength training (2-4 session per week)**
 - Improve muscular strength and power to produce and maintain speed.
 - Improve running efficiency through better posture, coordination, reduced ground contact time.
 - Longer and powerful strides.
 - Improve structural integrity to allow the body to handle greater volume and intensity without acute and chronic overuse injuries (knees, shin, ankle, and low back).
- **Plyometrics (integrated into strength training program)**
 - Low to medium high intensity plyometrics in all 3 planes to help you develop acceleration and deceleration skills, control, stability, and explosiveness. It's ESSENTIAL in preparing your lower body adequately for stress of running based sports.

- Plyometric exercises target fast-twitch muscle fibers, which can help build strength, especially in the legs and hips.
- Plyometrics can augment muscular and cardiovascular endurance by reducing ground contact time, allowing you to perform efficiently at a higher level for longer periods of time.
- Plyometric exercises can help increase vertical jump height, making it easier to perform athletic movements such as jumping and leaping, essential for basketball and racket sports.
- **Running or other cardiovascular training mode (3-4 session/week)**
 - **Hills / Sprinting**
 - Aerobic power
 - **Intervals**
 - Improved anaerobic threshold – go longer at high speed without fatigue
 - Economy improvement – run at race pace with reduced fatigue.
 - Triggering the body to better store and utilize carbohydrate that is essential for fueling high intensity activities – train the body to fuel the whole race.
 - **Tempo**
 - Improved blood lactate clearance (recover faster from high intensity workouts).
 - Improve lactate tolerance (use lactate as fuel to push).
 - Improve running/swimming/cycling economy.
 - Improved VO2 max, improved delivery and utilization of oxygen
 - **Easy run and long run**
 - Ability to use fat for energy for low intensity activities.
 - Improve ability to recover from high intensity runs and training sessions.
 - Develop aerobic capacity to support specific training.
 -

This is a **4-5 day/week** (*unless requested otherwise*) program, for all fitness level who want more specific preparation to improve their running performance with increased emphasis on strength and power. We emphasize heavily educating on our clients on nutrition and recovery to support the physical training. You will be provided with both the training plan and related educational resources to understand the physiology and psychology behind performance and how to prepare for it. We will work together to implement these resources to influence behavior change in ways that are adaptive, specific, and manageable. Ultimately, our goal is to help you become autonomous eventually and make good decision in all areas related to health.

This is a dense physical preparation plan. By the end of this 12-20 weeks program, you will be better equipped, both with fitness and knowledge to make better decisions on and off training. We advise you to select a longer duration to absorb the information well and make these behavior changes manageable and sustainable.

Scope of practice as personal trainer

We take coaching seriously. Check out our **Scope of Practice** to learn more about what a coach can and can't do for you.

<https://www.pillarprep.fr/personal-trainer-scope-of-practice>

Program structure

	Training objectives	Recovery	Nutrition	Sports psychology
Accumulation (4-8 weeks)	<p>Develop warmup and cool down routine, learning proper exercise techniques for foundation exercises.</p> <p>Improve overall work capacity (aerobic capacity, volume, and mileage) to train longer and recovery faster.</p> <p>Low and medium intensity power exercises to improve force absorption.</p> <p>Learning acceleration and deceleration technique to strength shin, ankle, and foot.</p>	<p>Learn and develop consistent cooldown routine for both strength training and running.</p> <p>Address flexibility and mobility issues.</p> <p>Technique of basic stretches to do at home and after workout.</p>	<p>Learning about:</p> <p>Energy availability and immune system</p> <p>Recommended dietary intake for health and athletic performance.</p> <p>Proper sources of essential nutrients.</p> <p>Alcohol intake and recovery</p> <p>Skills to develop:</p>	<p>Understanding components of behavior change.</p> <p>Learn how to set goals and important factors that influences training adherence, performance.</p> <p>Working together to set process, performance, and outcome goals.</p>

	<p>Hip mobility and control + basic core strength. Learn how to measure effort and intensity using RPE scale for self-monitoring.</p> <p>Learn how to select load for weight training. Improve work capacity through non-running-based modalities, build up to 30-40 mins 2 times per week</p> <p>Proficiency in rowing, cycling technique.</p> <p>Conduct 1–2-mile time trial to test endurance capacity</p>	<p>Learn about importance of sleep, techniques to improve sleep quality for recovery.</p>	<p>Develop self-awareness of eating habits, timing, and choices</p> <p>Increase protein intake.</p> <p>Ensure enough energy and nutrients (protein, carbohydrates) intake to support training and recovery.</p> <p>Improve breakfast and snacking.</p> <p>Better decision making with food and alcohol.</p>	<p>Influence of Arousal and Anxiety on Performance</p> <p>Address time energy and effort management issues to develop consistent exercise routine</p>
<p>Transmutation 4-6 weeks</p>	<p>Increasing submaximal strength Improve dynamic core strength and rotational patterns.</p> <p>Medium and high intensity plyometrics for explosiveness and running efficiency.</p> <p>Improve lactic power and capacity.</p> <p>Capacity to run fast in smaller intervals and ability to recover between these intervals.</p> <p>Improved sense of pace, intensity, and effort; capacity to complete required duration and distance without losing speed</p>	<p>Learning about how recovery affects body composition, training performance.</p> <p>Emphasis on low back care and maintain good posture throughout the day.</p> <p>Stretching and foam rolling 2-3 times week for 20-30 mins</p> <p>Develop an overall routine for training,</p>	<p>Learning about:</p> <p>Food preparation and cooking for health</p> <p>How to eat better for recovery</p> <p>Nutrition and injury prevention</p> <p>How to read food labels</p> <p>Inflammation and nutrition</p> <p>Importance of hydration and hydration techniques</p> <p>Skills to develop.</p>	<p>Understanding the role of self-efficacy and motivation in program adherence and how to increase them.</p> <p>Strategies for increasing exercise adherence.</p> <p>Learn about psychological techniques for improved training performance; how</p>

	<p>Conduct 2–3-mile (3-5k) time trial (for running goals)</p>	<p>nutrition, and recovery that you can adhere to 80-90% and optimize it over time.</p> <p>Self-monitoring techniques for recovery</p>	<p>Prepare nutrient dense meals.</p> <p>Consistent eating habits</p> <p>Making dietary decisions with recovery in mind</p> <p>Pre and post workout nutrition to fuel performance</p>	<p>to integrate them into practice (visualization techniques and mental rehearsals, which can help to reduce anxiety, increase confidence, and improve overall performance)</p>
<p>Realization 4-6 weeks</p>	<p>Strength training emphasis: Explosiveness and power; move fast with control, reduce ground contact time.</p> <p>Improved ability to decelerate and accelerate; explosiveness + strong ankle complex = movement efficiency = performance</p> <p>Dynamic core strength for better balance during side to side and rotational movements</p> <p>Improve specific endurance and condition for chosen sports or fitness goals.</p> <p>For endurance athletes</p>	<p>Learn about:</p> <p>Stress, training, and recovering from illness.</p> <p>Injury management (recovery and nutritional tools)</p> <p>Travelling, recovery and nutrition</p> <p>How to adjust effort, intensity, and fuel accordingly for altitude, hot and cold weather.</p> <p>Performance enhancing substances, methods and what to avoid.</p> <p>Skills to develop:</p> <ul style="list-style-type: none"> • Developing hydration routine for race • Continue to optimize daily recovery routine 	<p>How to maintain focus and motivation during hard training period</p> <p>Maintaining positive mental health</p> <p>Optimizing use of psychological tools to prepare for race day (mental toughness, persevere through discomfort)</p>	

	<p>Ability to run at GOAL PACE with reduced fatigue in longer intervals.</p> <p>Increase work capacity at lactate threshold (10k-marathon pace) in longer intervals.</p> <p>Emphasis on flexibility and ankle health to prevent injuries from peak intensity.</p>		
--	---	--	--

Pricing

Physiological and anatomical adaptations take minimum 12-16 weeks to realize. We put significant effort and time into planning your overall program and the details. Hence, our coaching services can only be bought for minimum 12 weeks and it's **non-refundable**.

12 weeks Package	450 Euro (paid up front) (25% CHEAPER) 199 Euro /month for 3 months
16 weeks	600 Euro (paid upfront) (25% CHEAPER) or 320 Euro every 2 months (20% CHEAPER) 199 Euro /month for 4 months
Remote	300 Euro/ 12 weeks (23% CHEAPER) 400 euro/16 weeks – (23% CHEAPER) 129 Euro/ month
Single session	50 Euro (in person) 35 Euro (remote)

Fundamentals win.

Policies

By purchasing programs and services from Pillar Prep, you acknowledge that you have **read and agreed** to our terms and conditions that can be found below:

<https://www.pillarprep.fr/terms-and-conditions-pillarprep>

Cancellation Policy:

- If a client needs to cancel a personal training session, they must provide at least 24 hours' notice to the personal trainer.
- If the client fails to provide 24 hours' notice for a cancellation, the session may be charged in full.
- If we need to cancel a session, we will make every effort to reschedule the session at a mutually convenient time.

Payment policy:

- **Billing statements:** We will provide regular billing statements to the client, outlining the services provided and the amount due.
- **Payment schedule:** Clients are required to pay for their personal training sessions **in advance or at the time of each session**. The specific payment schedule will be agreed upon by the client and the personal trainer at the start of the coaching relationship. An automatic recurring payment will be charged for set duration mentioned in your contract after your initial payment. If your automatic recurring payment is declined or unable to be processed for any reason, you will be contacted by phone or email.
- **Payment methods:** The personal trainer accepts payment via cash, credit card, or electronic transfer.
- **Late payment fees:** If a client fails to make timely payment, a late fee of 20 may be added to their account balance.
- **Refund policy:** Payments referred to herein shall not be refundable under any circumstances, including but not limited to the termination of this agreement for whatever reason.
- **Changes to pricing and payment policy:** We will provide clients with written notice of any changes in prices ahead of time.
- **Pausing plans and subscription:** All subscriptions can be paused for short duration due to illness, injury, or vacation, with immediate effect at the request of the customer by emailing pillarprep@outlook.com, but do not entitle the customer to a pro-rated refund of any subscriptions or program paid for remainder of the membership period.