



***Here is your opportunity to train with an experienced, national class, active local runner, and learn how to become a healthy and better athlete for life.***

Nikki Rafie, 2 time US Olympic Marathon Trials qualifier, winner of the Portland Marathon, and just about every major race in the Portland area over the past 20 years, will design a program specifically for YOU based on your profile (age, sex, exercise history, fitness level, goals, schedule, and willingness to work). She will utilize your personal profile and draw from her extensive running and racing experience to help develop your customized plan, so that you're getting advice and doing workouts that are just right for you. Nikki is also an RRCA Certified Coach.

#### **What's different?**

**Power Run** focuses on **Quality and Purpose** not just addictive mileage and timing. Each customized plan is based on unique combination of specialized principles of **Strength, Intensity, Recovery, and Nutrition** put together to achieve desired fitness levels, **performance and results** towards your goals.

The 8-wks phased blocks allow the right application of training for measured progress, instead of open ended monthly plans. At the end of 8wks, Nikki will provide you with an assessment for your next steps for a progression or a maintenance plan based on your goals and needs.

#### **Who is it for?**

Runners looking to take it to the next level  
Mid-level runners setting their sights on performance goals  
Experienced runners looking to kick-it up a notch!

#### **And here is what you get with the "Basic" 8-wk package:**

- **Personal running evaluation**, needs assessment and consultation to design your program
- **Goal Setting** with short and longer term milestones
- **Workout Log, Analysis, and Advice**. weekly training plan including your track workout regimen
- **Unlimited weekly e-mail consultation** to answer your questions and help you stay with your plan
- **Training Techniques** to help ensure your workout time is efficient & effective
- **Overall exercise and fitness tips** to complement and enhance your running performance
- **Racing Strategies and tactics** .... Because it's more to racing than just going fast.

***Progressive training plan durations varie based on your fitness level and timing of your race.***

***If you're serious about your training, send Nikki an e-mail: [powerun@comcast.net](mailto:powerun@comcast.net)***

Facebook: [Coach Nikki Rafie](#)