

# Body Positive Athletes



## Specialist Body Positive Event Training Programs

10km + Half Marathon training programs designed by Leah Gilbert with a specific focus on preventing injury and overtraining, and enhancing your enjoyment of training and achieving your athletic goals.



# A Different Style of Training.

## Our Programs Reflect Our Core Beliefs....

Our training programs reflect our core belief that each individual has the right to explore their potential and achieve their athletic dreams with genuine support and without a fear of judgment. In line with the Body Positive Athletes ethos, we believe that the term 'athletic' defines a lifestyle and not a body type. We therefore treat each individual as an athlete and encourage you to change your training language, 'own' your training and appreciate the significance of what you are undertaking.

*" You didn't just go for a run: you went for a run, full stop."*



## It's Time to Explore Your Potential.

Ditch the old way of thinking about exercise as unpleasant, as 'task' or punishment of yourself and your body and start developing fitness and strength as a means of exploring your potential! Event training is one of the most effective ways to shift your belief system when it comes to how we condition and nurture our bodies. Event training puts the focus on the 'doing' and takes away the complications of conventional fitness and health programs.



## Sustainable, Enjoyable Training is the Focus.

Unlike other programs, these programs have been designed by a plus size athlete who is also a mother of two and appreciates the demands many of us tend to have in our daily lives. With a belief that many training programs can see people overtraining, in turn reducing the impact of training gains, and cause burnout, these programs have been designed with an aim of these events to be the first of many, not just one you did once but couldn't sustain again.

*Do you want to run for one event, or run for the rest of your life?*

## What we offer...

We believe that there are no two event training experiences that are the same, therefore we have endeavoured to reflect this in the services we offer. Some people need or prefer a lot of support, some prefer less contact. Some prefer a basic approach to their training, and some prefer to work off an individualized program. Contact Leah at [bpaaust@gmail.com](mailto:bpaaust@gmail.com) for further information.



## Package Options.

*'Invest in Your Performance'*

### Base Training Plans

Coming off a training hiatus or have found yourself prone to injury previously?

Getting ready for your next season and wanting to set some strong foundations for training performance?

A base training program lasts for 6 weeks and aims at helping you:

- ~ Build strength
- ~ Develop and build aerobic fitness
- ~ Adjust to regular training
- ~ Develop core strength and assist in injury prevention

Beginner and Moderate Levels available.

**Basic, self-coached program: \$30**

**Individualized program, self-coached: \$60**

**Basic or Individualized program with weekly contact & support: \$100**

### 5km Running Plans

1. Basic 12-week program:

Self-coached \$60 (*works out to \$5 per week*)

Online support and weekly correspondence: \$120 (*works out to \$10 per week*)

2. Individualized program with online support and weekly correspondence: **\$240** (*works out to \$20 per week*)

## 10km Running Plans

3. Basic 12-week program:

Self-coached \$60 (*works out to \$5 per week*)

Online support and weekly correspondence: \$120 (*works out to \$10 per week*)

4. Individualized program with online support and weekly correspondence: \$240 (*works out to \$20 per week*)

## Half Marathon Plan

Individualized 16week program with full online & coaching support: \$120 per month