

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.

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## Components of our training program

All training components will be applied in an individualized manner, in a *manageable volume* that *ensures safety and adaptability*. Your safety is our top priority, which is *why we take age and injury history into consideration* when creating your program. We also aim to tailor the program to fit within your time constraints, enabling you to be consistent with your training.

Prior to starting, we require all clients to fill out a comprehensive health questionnaire to determine if they require medical clearance from their physician before participating in our program. In addition to the questionnaire, we also conduct a fitness assessment to gather additional information and guide our programming. This helps us ensure your safety and create a personalized program that meets your individual needs and goals.

- **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.

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- 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 aerobic session**
    - 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.

Our in-person and online training programs are 4-5 workouts per week (unless requested otherwise) but you can train with us as many times as your time and budget allows, ranging from 1-3 session per week. You will be provided detailed workout for training sessions on your own.

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>

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## Program structure

	<b>Training objectives</b>	<b>Recovery</b>	<b>Nutrition</b>	<b>Sports psychology</b>
<b>Accumulation</b> (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>Hip mobility and control + basic core strength.</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>Learn about importance of sleep, techniques to</p>	<p><b>Learning about:</b></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><b>Skills to develop:</b></p> <p>Develop self-awareness of eating habits, timing, and choices</p> <p>Increase protein intake.</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>Learn how to measure effort and intensity using RPE scale for self-monitoring.</p> <p>Learn how to select load for weight training.</p> <p>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>improve sleep quality for recovery.</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><b>Transmutation</b> 4-6 weeks</p>	<p>Increasing submaximal strength</p> <p>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><b>Learning about</b> how recovery affects body composition, training performance.</p> <p>Emphasis on low back care and maintain good posture throughout the day.</p>	<p><b>Learning about:</b></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>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>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>Conduct 2–3-mile (3-5k) time trial (for running goals)</p>	<p>Stretching and foam rolling 2-3 times week for 20-30 mins</p> <p>Develop an overall routine for training, nutrition, and recovery that you can adhere to 80-90% and optimize it over time.</p> <p>Self-monitoring techniques for recovery</p>	<p>Inflammation and nutrition</p> <p>Importance of hydration and hydration techniques</p> <p><b>Skills to develop.</b></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>Learn about psychological techniques for improved training performance; how to integrate them into practice (visualization techniques and mental rehearsals, which can help to reduce anxiety, increase confidence, and improve overall performance)</p>
<p><b>Realization</b> 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 =</p>	<p><b>Learn about:</b></p> <p>Stress, training, and recovering from illness.</p> <p>Injury management (recovery and nutritional tools)</p>	<p>How to maintain focus and motivation during hard training period</p>	

	<p>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><b>For endurance athletes</b></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>	<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><b>Skills to develop:</b></p> <ul style="list-style-type: none"> <li>• Developing hydration routine for race</li> <li>• Continue to optimize daily recovery routine</li> </ul>	<p>Maintaining positive mental health</p> <p>Optimizing use of psychological tools to prepare for race day (mental toughness, persevere through discomfort)</p>
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Our fitness programs and resources will be accessible through our website, which can be easily accessed through computer and phone browsers.



## 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**.

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

We understand that fitness is important for families and groups, and we are pleased to offer custom pricing options for these types of clients. Using the same pricing structure as our standard rates, we can work with you to create a plan that is tailored to your specific needs and budget. If you are interested in learning more about our custom pricing options, please contact us directly for more details.

We understand that cost is a concern for many people, but **we can't compromise on safety and quality**. Our pricing reflects the level of expertise and attention to detail that we bring to every session, and we believe that this is reflected in the results that our clients achieve. Lowering our price would compromise the quality of our services

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and safety standards. Therefore, we kindly request that *you do not ask for discounts*. Thank you for your understanding.

**DISCLAIMER:** Please note that a **separate gym membership is required** to use the gym for the training sessions. The cost of the gym membership is **NOT included in the personal training fee**, and clients will need to purchase a membership directly from MY FITNESS Gym before our first session.

This arrangement allows my clients to have flexibility and control over their gym membership, and ensures that they are able to use the gym's facilities even when they are not in a personal training session.

## 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>

Please note that our personal training services and the fitness center are **separate business entities**. Therefore, any transactions or issues related to the fitness center must be dealt with directly with them, and any transactions or issues related to our personal training services must be dealt with directly with us. **We do not have any control or responsibility over the operations, policies, or procedures of the fitness center.** If you have any questions or concerns regarding our personal training services, please do not hesitate to contact us directly.

### **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 personal trainer must cancel a session due to illness, injury, or emergency, the client will be notified as soon as possible, and the session will be rescheduled at no additional cost.
- If the client is consistently late or misses scheduled training sessions, the personal trainer reserves the right to cancel future sessions without refund.
- 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.
- If the client decides to cancel their training package before the agreed-upon number of sessions are completed, **there will be no refund issued for unused sessions.**

#### **Policies regarding training children:**

To ensure the safety and well-being of all participants in our training program, we have implemented the following policy regarding training children:

- **Age Requirement:** A person must be at least 10 years old to participate in our training program.
- **Parental Accompaniment:** Children must be accompanied by a parent or legal guardian in every training session. The parent or legal guardian must remain present throughout the entire session.
- **Written Consent:** We require written consent from the child's parent or legal guardian before allowing them to participate in the training program. This consent form will outline the risks associated with physical activity and acknowledge that the parent or legal guardian understands and accepts these risks.
- **Medical Clearance:** Before a child can participate in the training program, we require a medical clearance from their pediatrician. This clearance will ensure that the child is physically able to engage in the activities involved in the training program.

#### **Payment policy:**

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- **Billing statements:** We will provide regular billing statements to the client, outlining the services provided and the amount due.
- **Payment schedule:** We believe that providing high-quality services to our clients requires a consistent and reliable payment schedule. That's **why we require payment at the beginning of each billing cycle**. By adhering to this policy, we can ensure that we are fully prepared and able to provide our clients with the best possible training experience every time. 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. We appreciate your understanding and cooperation in this matter.
- **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:** Please be advised that **all payments made for our training services are non-refundable**. This is *because we invest a considerable amount of time and effort into planning and preparing our training programs* to meet the specific needs and goals of each of our clients. We appreciate your understanding that our time and expertise are valuable resources that we commit to helping you achieve your fitness goals.
- **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](mailto: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.

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## Interested? Here are the steps to get started.

### OUR 7 STEP PROCESS FOR WORKING WITH US



- 1 Check out our website and social media to make sure our approach matches your goals and priorities.
- 2 If you want to learn more, please book a FREE CONSULTATION via our website. You can submit a contact form which details your goals and contact info.
- 3 We will then send you a Pre-activity screening and health appraisal questionnaire to complete prior to our meeting.
- 4 During our meeting, we learn about you, your lifestyle and your goals. We discuss your medical conditions, injury history and possible constraints to training regimen. Finally, we assess and interpret responses from your questionnaires.
- 5 We will suggest appropriate course of action for your goals. We explain our packages, duration and payments and help you select the right one for you.
- 6 If you decide to work with us, we obtain medical clearance (if required), discuss the terms and conditions and safety aspects.
- 7 We sign the contract and if you elect to train in person, we will register you at the training facility (*not included in the training package*). All clients can expect to start training 3-7 days after their contract has been signed.

[www.pillarprep.fr](http://www.pillarprep.fr)