

### **Physiotherapy / Physical Therapy (*Injury Recovery Programs*)**

(Please note: Injury Recovery Programs require a "referral for physical therapy" in order to begin treatment per Texas state law. This can come from an MD, DO, PA, DDS, DPM, NP, or DC in any state. A referral is not required for an initial assessment and consultation. A typical episode of care is 5 visits.)

- Fee Per Session - \$90/session (initial 60:00, follow-up 45:00).
- Fee Per Case - \$375 (includes all visits for this episode of care).

### **Coaching(*Injury Prevention-Based Training Programs*)**

- Fee Per Session - \$90/session (initial 60:00, follow-up 45:00).
- Fee Per Month - \$125/month, with a 3 month initial commitment required.

### **Training Intensives**

A three or six hour session with Allan Besselink. Design your intensive based on your training

needs! The training intensive can be done by two people. The focus is educational and geared towards the optimization of your current training program. It can also include RunSmart consultation. This is perfect for those not in Austin who want to come and spend some quality time enhancing their training.

- 3 hour training intensive: \$300
- 6 hour training intensive: \$500

Note: Home sessions can be scheduled within the greater Austin, TX area for an additional \$30 per session fee.

Note: There is a \$20 cancellation fee when you cancel within 12 hours of your scheduled appointment time.

Note: Programs include all communication via email, text, web site, and Skype.

## **RunSmart**

All programs utilize the content of the book "RunSmart: A Comprehensive Approach To Injury-Free Running". Individual and group education and training options are available.

### **RunSmart Video Analysis And Individualized Instruction**

\$150 (total time is 90:00); with additional 3 month follow-up: \$200

This includes two sessions to videotape, analyze, and review your running mechanics with specific instruction provided, along with a copy of "RunSmart: A Comprehensive Approach To Injury-Free Running". A DVD copy of your video is provided.

## **RunSmart Education And Certification Programs**

- Level One Program: \$99. A four hour educational program that provides an overview and application of the RunSmart approach. The fee includes a copy of "RunSmart: A Comprehensive Approach To Injury-Free Running".
- Level Two Program: \$200.
- Level Three Program: \$375.

Coaching Certification Program: includes a workshop and mentorship with the author. Prerequisites include the RunSmart Level One/Two program and approval by Allan Besselink.

Clinican Certification Program: includes a workshop and mentorship with the author. Prerequisites include Levels One - Three, and must be a McKenzie Cert. MDT or higher. Others that do not have this specific prerequisite will be considered on an individual basis by Allan Besselink.

## **RunSmart Track Club And Training Group**

Annual fee of \$240 (\$20 per month). Includes goal-specific training paces, biweekly track sessions and feedback, along with discounts at RunTex and other SLI products. See the RunSmart page for more details.

## **Bike Fitting And Computrainer Assessment**

\$200; includes a 3 month follow-up

This includes two sessions to fit and refine your bike position. Add a Computrainer Spin Scan Power Assessment for \$100

## **SLI Community Membership**

Annual membership: \$30

Includes access to member content, private discussion forums, a community wiki, and the SLI Provider Network.

## **Online Continuing Education Programs**

Details soon