

TWO CHOICES

ONLINE COACHING / FINAL SURGE



Support for every chapter of your running.

BRONZE / SILVER / GOLD

Build consistency. Prepare with purpose. Go further.



Choose the support you need.



Your experience, training demands and preferred contact shape the choice. All three tiers include an individual running programme in Final Surge.

BRONZE / BUILD

\$30 per week

\$120 every 4 weeks | Initial 12 weeks: \$360

A manageable starting point for suitable first 5 km, 10 km or half-marathon goals, or a lower-demand maintenance phase. Formal review and written feedback every two weeks.

SILVER / PROGRESS

\$40 per week

\$160 every 4 weeks | Initial 12 weeks: \$480

For runners who want weekly feedback and adjustments as training develops. Suitable for supported road-race preparation through to the marathon, subject to your starting base.

GOLD / ENDURANCE

\$50 per week

\$200 every 4 weeks | Initial 12 weeks: \$600

Weekly review plus a proactive midweek check-in. More detailed event preparation for demanding goals, including suitable trail, ultra and backyard builds.

All prices are in AUD. Weekly figures are equivalents; payments are every four weeks. Confirm suitability, availability and the complete service terms before enrolling.

What each tier includes.

Review frequency means a scheduled review of your logged training and check-in, followed by written feedback. It is separate from sending a question between reviews.

YOUR SUPPORT	BRONZE	SILVER	GOLD
Individual Final Surge programme	Included	Included	Included
Formal training review + written feedback	Every 2 weeks	Every week	Every week
Planned programme review / refresh	Every 2 weeks	Every week	Every week
Necessary changes between reviews	By agreement when circumstances change	By agreement when circumstances change	By agreement when circumstances change
Proactive midweek check-in	Not scheduled	Not scheduled	One each week
Questions through Final Surge	Included	Included	Included
Runner education resources	Included	Included	Included
Pacing and race preparation	For the agreed goal	For the agreed goal	Detailed event / terrain / crew preparation where relevant
Scheduled video or phone calls	Not included	Not included	Not included
Specialist nutrition / rehabilitation services	Separate	Separate	Separate

A SHARED COMMUNICATION STANDARD

Reply target: within two business days, Monday-Friday. Tell Tony promptly about pain, illness or a change affecting your next session. Do not wait for a scheduled review. Coaching is not live monitoring or an emergency service.

Tier selection does not replace clinical care. If your needs exceed the agreed service, discuss a suitable change or referral.

Bronze / Build

\$30

PER WEEK EQUIVALENT

\$120 every 4 weeks

For runners who can train independently between fortnightly reviews and want a programme that fits their week.

WHO IT CAN SUIT

A runner working towards a suitable first 5 km, 10 km or half marathon, or an experienced runner maintaining a manageable routine between focused race builds. The starting point and support needed matter more than the distance label.

HOW THE FORTNIGHT WORKS

Follow your individual Final Surge sessions and record how they feel. Every two weeks, submit your scheduled check-in. Tony reviews the training, provides written feedback and checks the next part of your programme. Ask questions between reviews when needed.

WHEN MORE CONTACT MAKES SENSE

If you need weekly accountability, your training is becoming harder to recover from or your circumstances change frequently, Silver may be a better fit. A beginner can choose a higher level of support from the outset.

INITIAL 12-WEEK COMMITMENT

3 payments of \$120 = \$360 total

Silver / Progress

\$40

PER WEEK EQUIVALENT

\$160 every 4 weeks

For runners who want regular accountability and a programme reviewed as each training week unfolds.

WHO IT CAN SUIT

Runners developing consistency, pursuing a personal best or preparing for a road event through to the marathon. A suitable training history is needed for the chosen goal. Silver is also an option for shorter-distance runners who value weekly contact.

HOW THE WEEK WORKS

Submit your weekly check-in and keep your activity comments current. Tony reviews the week, provides written feedback and adjusts the programme where needed. You can ask questions through Final Surge between reviews.

WHEN THE BUILD BECOMES MORE COMPLEX

Technical terrain, very long time on feet, crew logistics or a need for another proactive contact point may make Gold more appropriate. Agree the support before the training demands increase.

INITIAL 12-WEEK COMMITMENT

3 payments of \$160 = \$480 total

Gold / Endurance

\$50

PER WEEK EQUIVALENT

\$200 every 4 weeks

For runners whose preparation benefits from another point of contact and more detailed planning around the demands of the event.

WHO IT CAN SUIT

Suitable trail, ultra and backyard runners, or a road runner wanting the extra proactive check-in. We consider your experience, terrain, likely duration, recovery demands and event logistics before accepting a goal.

HOW THE WEEK WORKS

Your weekly review and written feedback are joined by one proactive midweek check-in. Use it to flag recovery, upcoming sessions and practical issues. Programme changes are made where needed, with the same messaging response target as other tiers.

PREPARE FOR THE EVENT YOU ARE DOING

Where relevant, preparation covers pacing and run-walk decisions, terrain, kit practice, checkpoints, crew roles and fuelling rehearsals within coaching scope. Individual dietetic treatment and rehabilitation are separate specialist services.

INITIAL 12-WEEK COMMITMENT

3 payments of \$200 = \$600 total

Your support can change.

The same runner can need different support at different points in the year. Agree the service around the phase you are in.

TRAINING PHASE	POSSIBLE SUPPORT	WHAT DRIVES THE CHOICE
Maintenance / general base	Bronze: \$30/week equivalent	Stable, manageable training with fortnightly review appropriate to your circumstances.
Focused road-race build	Silver: \$40/week equivalent	Weekly review and feedback as the demands of preparation develop.
Demanding endurance build	Gold: \$50/week equivalent	Weekly review, extra midweek contact and relevant event logistics.
After the event	Review together	Return to Bronze when lower contact is suitable, or continue the level needed.

A YEAR-ROUND EXAMPLE

An established runner preparing for a marathon might use 32 weeks of Bronze at \$30/week, followed by 20 weeks of Silver at \$40/week. That is $\$960 + \$800 = \$1,760$ over 52 weeks. Silver for all 52 weeks would be \$2,080: a difference of \$320.

THE TIMING IS INDIVIDUAL

This is a service-cost illustration, not a prescribed 20-week marathon plan or a 52-week contract. Some runners need weekly support earlier. Others are not ready for the selected event within the time available.

Agree a tier change before the next four-week billing block, including the date, price and review frequency. A change does not restart the initial 12-week commitment. No automatic upgrade is assumed.

Prefer a self-guided plan?

Choose a prepared 8-, 12- or 16-week edition when you are comfortable training independently. These are one-off purchases, separate from ongoing coaching.

GOAL GROUP	8 WEEKS PDF / bundle	12 WEEKS PDF / bundle	16 WEEKS PDF / bundle
5 km & 10 km	\$39 / \$59	\$49 / \$69	\$59 / \$79
Half marathon & 25 km trail	\$49 / \$69	\$59 / \$79	\$69 / \$89
Marathon & 50 km ultra	\$69 / \$89	\$79 / \$99	\$89 / \$109
100 km, 100 miles & backyard	\$79 / \$99	\$99 / \$119	\$119 / \$139

WHAT THE BUNDLE MEANS

The selected PDF plus its Final Surge calendar edition. Both are self-guided. There are no ongoing individual reviews, check-ins, programme changes or personal coaching messages included.

CHOOSE THE RIGHT ENTRY POINT

Check your current running base, available days and event date against the edition requirements. A shorter plan can require a stronger starting base. Confirm availability and suitability before purchasing.

YOUR PROGRAMME IS INCLUDED IN COACHING

Bronze, Silver and Gold include your individual programme. You do not need to purchase a catalogue plan as well.

All amounts are in AUD. PDF / bundle shows the standalone PDF price followed by the Final Surge + PDF bundle price.

Know the full commitment.

All coaching is online through Final Surge. Weekly equivalents help compare tiers; the payment cycle is every four weeks.

PAYMENT / PERIOD	BRONZE	SILVER	GOLD
Weekly equivalent	\$30	\$40	\$50
Every 4 weeks	\$120	\$160	\$200
Initial 12 weeks / 3 payments	\$360	\$480	\$600
16 weeks / 4 payments*	\$480	\$640	\$800

*The 16-week example assumes one additional four-week block at the same tier. Four-week billing means 13 payments over 52 weeks, not 12 monthly payments. Actual totals change if you agree a different tier.

BEFORE YOU START

Confirm suitability, the selected tier, your start date and the written service terms. The initial commitment is 12 weeks, paid in advance at commencement, week 5 and week 9. Continuation after that is by agreement in four-week blocks.

CHANGES AND SPECIALIST SERVICES

Agree tier changes before a new billing block. Payment method, cancellation, injury, pause and refund arrangements must be confirmed before enrolment. In-person sessions, race entries, equipment, travel, dietitian appointments and rehabilitation are not included.

FOR EXISTING CLIENTS

Your current agreement continues unless a change is discussed and agreed. These tiers do not automatically alter existing prices or services.

Your selected service and written terms are confirmed before enrolment. No outcome or finish time is guaranteed.



Start with your goal. Choose your support.

Tell Tony about your current running, available training days, event date and the level of contact that would help you most.

Together, choose a realistic starting point and the support that fits this stage of your running.

BRONZE / BUILD SILVER / PROGRESS GOLD / ENDURANCE

Every runner has Two Choices.

Choose Greatness.