



Stephanie "Pez" Pezzullo

TRAIN WITH COACH PEZZ

As a Professional Elite Runner, Pezz has raced in a variety of distances around the world. Throughout her career, she has placed in the top 10 in 8 USA National Championship events and has qualified for the Olympic Trials (5) times since 2008 [Marathon (3x) and the 3k Steeplechase (1x)]. Most recently, she qualified for the 2020 Olympic Trials in Atlanta, GA. She's also raced in a number of duathlon and triathlon events placing First and qualifying for the Duathlon World Championships.

RUNNING • TRIATHLON • ENDURANCE TRAINING

Coach Pezz blends her Exercise Science degree with extensive personal athletic experience to create customized training for clients worldwide. Whether at the beginning of your fitness journey or an experienced athlete, Pezz will craft a training plan to match your unique goals, lifestyle, and budget. As you work towards your goal, Coach Pezz will continue to motivate and inspire you to stay on track.

RUNNING CLINICS

A series of clinics tailored to help beginners to accomplished runners meet their goals of increasing speed, maximizing the effectiveness of their training, and reducing injury. Clinics are comprised of four 1x/week 60-minute sessions. Reserve your space today as these highly sought after clinics sell out quickly!

Running Clinic Rates:

- Open To The Public.....\$60.00
- Pezz Zone Clients.....\$40.00



COACH PEZZ'S RUNNING RECORDS

- 3K.....09:19
- 3K Steeplechase Track 9:56
- 5000 Meters Track..... 15:54
- 5K Road..... 16:05
- 10K Road 34:03
- Half Marathon 1:13:10
- Marathon..... 2:32

BLUE ZONE TRAINING

An ideal option if you're comfortable training independently and want a plan that's perfectly tailored to your unique abilities, and goal timeline at an affordable rate.

Blue Zone Plans Include:

- 8, 12, or 16 week programs
- A consultation to discuss your goals, fitness, and athletic background
- Plans tailored to your lifestyle, time commitment, fitness level, and goals
- Connect with Coach Pezz every 4-weeks to discuss progress.

Blue Zone Training Rates:

- 8 weeks.....\$250
- 12 weeks.....\$300
- 16 weeks.....\$350

PURPLE ZONE TRAINING

A progressively structured training plan built upon your prior weeks of training. Your feedback is utilized to design each upcoming 2-week training plan.

Purple Zone Plans Include:

- 8 or 12 week programs
- A consultation to discuss your goals, fitness, and athletic background
- 2-week plans tailored to your lifestyle, time commitment, fitness level, and goals
- Access your workout plan, log your results, and report your progress online
- Connect with Coach Pezz by Text or Messenger up to 2x a week

Purple Zone Training Rates:

- 8 weeks (Pay In Full)\$400
- 12 weeks (Pay In Full)\$500
- 12 weeks (3) \$175 Installment Payments.....\$525

BLACK ZONE TRAINING

The choice if you crave an exclusive level of coaching with the most one-on-one interaction. Coach Pezz will create progressively structured training plans built upon your prior weeks of training. Your continuous feedback and monthly reassessments are used to create each new week's plan.

Black Zone Plans Include:

- 8 or 12 week programs
- A consultation to discuss your goals, fitness, and athletic background
- 1-week plans tailored to your lifestyle, time commitment, fitness, and goals
- Access your workout plan, log your results, and report your progress online
- Connect with Coach Pezz by Text or Messenger up to 4x a week
- Monthly progress and strategy reassessments with Coach Pezz (Up to 45min)

Black Zone Training Rates:

- 8 weeks (Pay In Full)\$500
- 12 weeks (Pay In Full)\$700
- 12 weeks (3) \$250 Installment Payments.....\$750

