

OPTIONAL TRAINING SUPPORT

Tailored Training Programme Add-Ons

Bring your psychology insights and exercise plan together. Add training built around your goals, experience, equipment and real life.

These programmes are available only as add-ons to FORM's two exercise psychology services. They are not standalone online fitness coaching.

01

AVAILABLE WITH

Exercise Psychology Analysis & Debrief

Add a one-off training programme that turns your personalised analysis into a clear and realistic structure.

02

AVAILABLE WITH

Exercise Psychology Coaching

Add tailored training blocks that can develop alongside your psychology work as your goals and circumstances change.

WHAT YOUR PROGRAMME CAN INCLUDE

Practical structure, without losing flexibility.

- Training shaped around your goals, current routine and experience.
- Sessions matched to the time, days and equipment you actually have.
- Clear exercises, sets, repetitions, rest and progression.
- One round of reasonable amendments after delivery.
- Realistic alternatives for busy weeks or disrupted routines.
- A plan aligned with the psychology strategies you are practising.

HOW IT WORKS

1

REVIEW

Share your goals, routine, preferences, equipment and relevant restrictions.

2

BUILD

Receive a programme designed around what is realistic and appropriate for you.

3

APPLY

Use the plan as a practical companion to your FORM psychology support.

TAILORED TRAINING PRICING

£79

INITIAL PROGRAMME

Personalised four-week training block

£49

FOLLOW-ON UPDATE

Next four-week programme block

Follow-on price applies where your goals, equipment and circumstances remain broadly similar.

SPEAK TO MIKE ABOUT ADDING A TAILORED TRAINING PROGRAMME TO YOUR PSYCHOLOGY SUPPORT