

Knoxville Youth Athletics

Private and Personal Training



How can I help you achieve your next big goal!

Hello my name is Coach Spooner and I am a proud coach of Knoxville Youth Athletics, a organization helping the growth of Fitness and running here in the state of Tennessee. Do you have a big race coming up? A goal you want to obtain or just simply needing some motivation and help to make a change then I am here to assist. As a former All-American, National Qualifier from the University of Tennessee and a coach for over 10 years at the College, High School, youth and adults ages, I want to be there for you!

What is Included?

- ▶ Personalized Monthly Training Plans
- ▶ Use of online Running Log
- ▶ 24 hour access for communication
- ▶ Weekly Follow-Ups either in person or by phone

Who: People of all ages!

Why: Looking for a chance to improve on your running or fitness or have a big race coming up!

3 Different Training Packages Pricing at 100, 150, and 200 dollars a month