**Email Four: Tie Your Shoes, We’re Running**

Hi ,

Are you ready? I know you’ve been walking towards the big changes that we talked about in **FREE RESOURCE** and **YOUR PREVIOUS POSTS/LIVES/TRAININGS/ETC,** but now I’m giving you permission to run… no, *sprint*, toward your ultimate success.

But here’s the thing, I’m doing it with you. As your **XYZ** coach, I’m with you from the start of the race all the way to the finish line. This isn’t your neighborhood 5k fun run, it’s a full out sprint. But you’re prepped with tunes for days and your running buddy (me!) to help you along the way.

So, double check your laces and get ready to go.

I’m holding a spot in **OFFER/PROGRAM/ETC** just for you, because I know how much you want this. **ADDITIONAL DETAILS ON PROGRAM.**

Still feel like you need a little nudge to get your feet over the starting line? Check out exactly how much **OFFER/PROGRAM/ETC** has helped my clients.

**ADD SOCIAL PROOF, TESTIMONIALS, REVIEWS**

**Tagline Sign Off,**

**Your Name Here**