



RUNKULTURE



Welcome to the Community

Thank you for joining the club. So happy that you have made the choice to commit to success in your running game. Whatever your story or journey was to get to this point I want you to know you are valued and you are capable of achieving your goals that you set with me. As your coach I want to be able to offer the best experience and the most credible knowledge. Trust the process and together we will move mountains!



TRAINING PROGRAMS

FUNDAMENTALS

This is my magic formula to successfully becoming a runner. Running is a tough sport to endure though. It is taxing on the body and puts a lot of strain on your muscles and pressure on your joints. Overtraining is the most common injury in running and that's why I think the most important thing as a runner is that you are a well balanced overall athlete. You need to find the right formula for your body and that's why you would hire me as a coach! Run 3 times a week, cross train and master your mentality. Train Smarter not harder. Show up for your runs and put in the work. You will see the results. You're not running everyday, these are the 3 pillars to build upon



POWER

Push Your Limits.

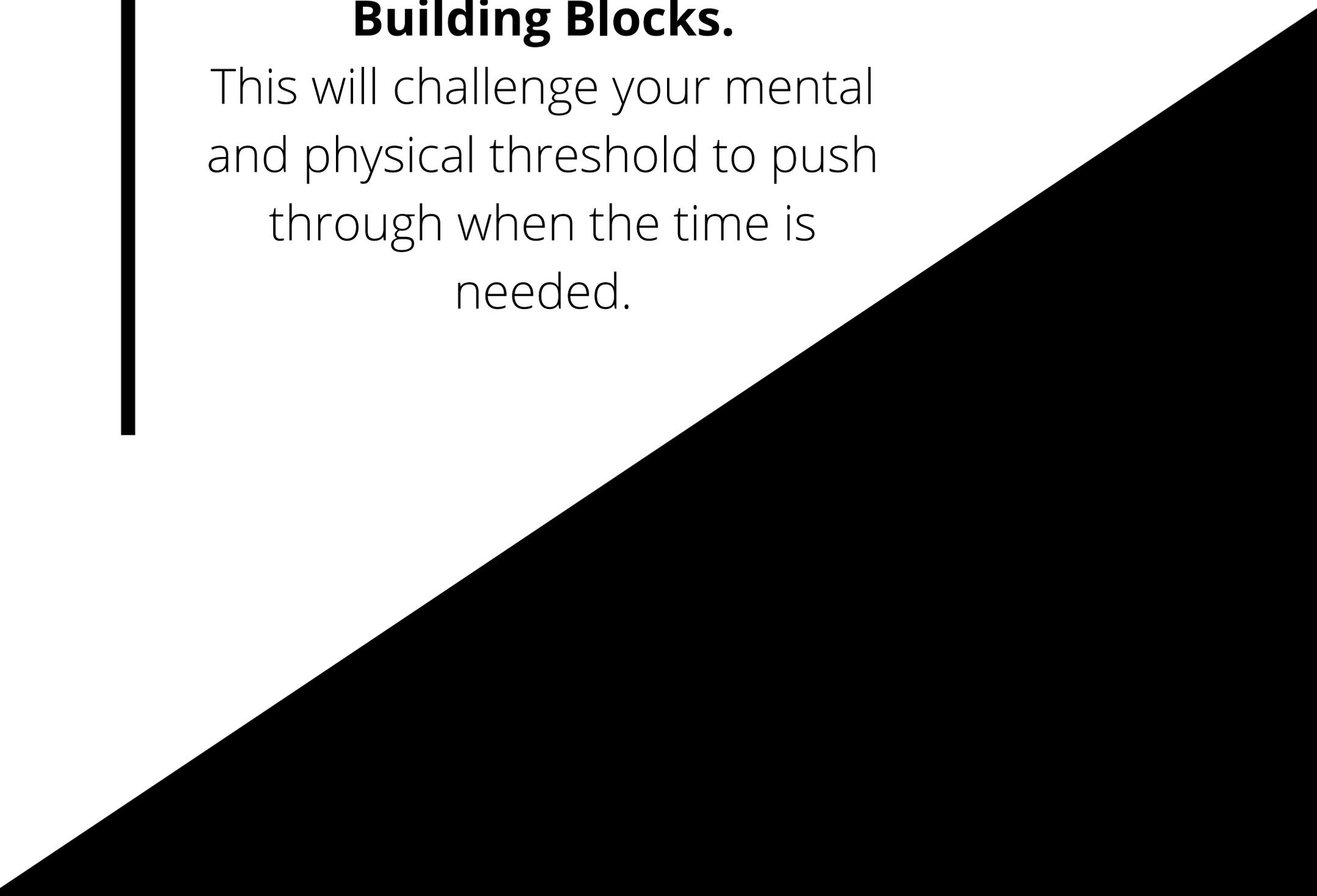
These workouts will either be speed drills, or hills. This type of training will improve your pace and increase your stamina.



STRENGTH

Building Blocks.

This will challenge your mental and physical threshold to push through when the time is needed.





ENDURANCE

Long Run.

Don't worry about your speed
on this one just go the distance
and put in the work.

Training Zones

Neutral Zone

Light intensity. This is your comfort zone. This is where your long runs will be. builds aerobic base and endurance. By Improving aerobic capacity this improves your ability to maintain a faster pace for a longer period of time

High Gear

Moderate to high intensity. This is considered your aerobic zone. This is developing stamina and increasing aerobic capacity. Lots of your strength and power runs are completed in this zone to enhance your threshold.

Full Throttle

High intensity. All out effort and push pace. This is basically a sprint and you would not be able to hold this longer than 5 minutes.

The key is that you should be training in all of these zones at different times in order to maximize your performance.



MEDITATION

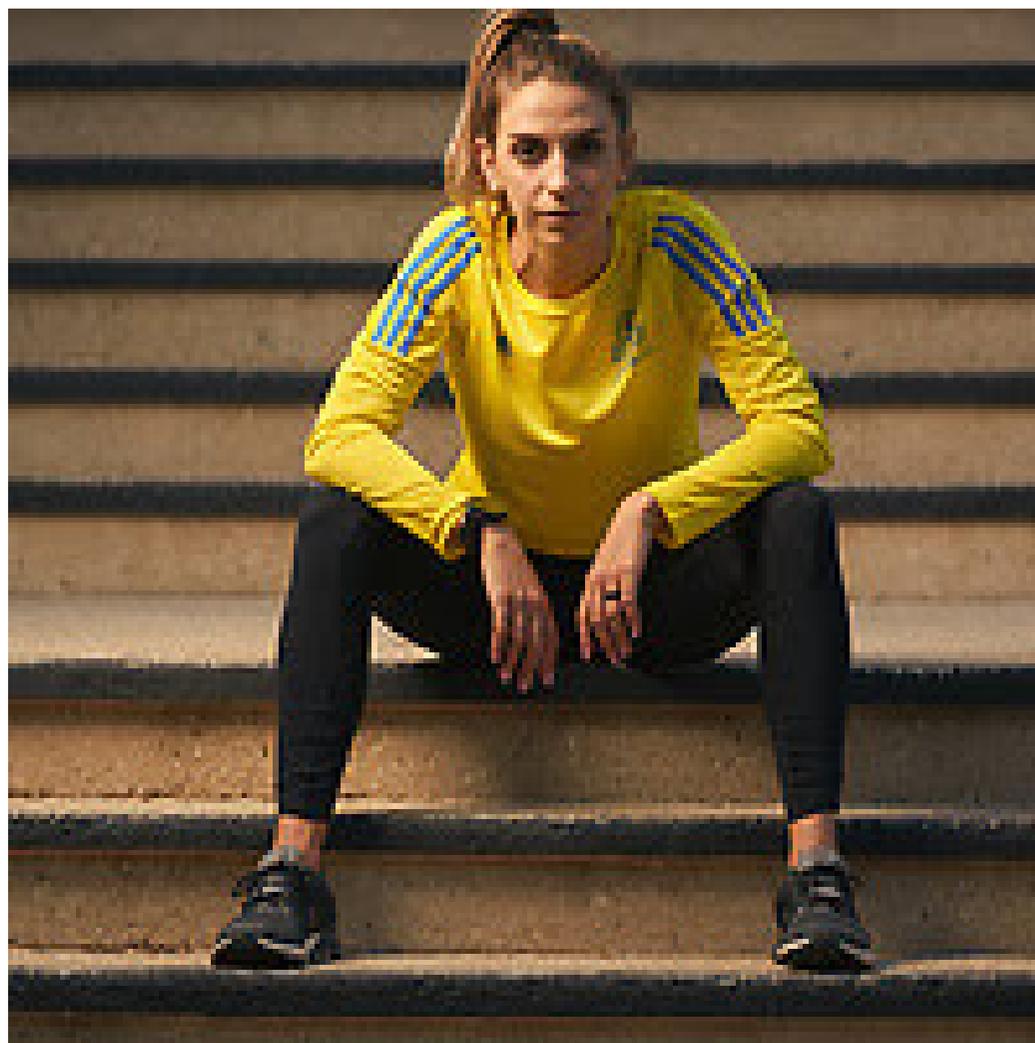
Mindfulness.

Train your brain. Tune in and set your mind right. Get focused and work on those goals.

DISTANCE DOMINATED

This is your weekly recap of you kicking @\$\$\$. Take the time to celebrate the hard work you have accomplished and recognize you're amazing and you are going to do great things!

MEET YOUR COACH





I have been running over 10 years. I started with a local race 1/2 marathon and fell in love of the challenge and the training leading up to the race. Although the race atmosphere and community is my absolute favourite thing and its what drives my passion as a coach.

I am a personal fitness trainer and dental assistant. I am currently completing my Legacy run coach certificate and have created my own philosophy that isn't to complicated! I have broken down the complexity of everything and made it easy to understand for all levels of runners. I ran the Boston Marathon in 2019 and got addicted to the major marathon series. I completed Chicago in 2019 as well finishing with a personal best of 3:22:45. I plan to complete the rest of the majors once the world is back up and running!

Feel free to ask me anything! We will establish a coach/athlete relationship that is comfortable and business friendly. You're able to terminate me as your coach at anytime.

RUN ROUTINE

We need to define your relationship with running.

We will create a run routine

this includes:

pre run ritual

pre run meal

race prep

post run recap

We will dive deeper into this during our time together

TOOLS

Final Surge account- app/desktop

App or watch to track distance

- strava
- garmin
- nike app
- apple watch
- map my run