



Running coaches are not just for the professionals, and you are definitely worth the investment!!

A recent post on a Facebook group that I am in was about that very point – who uses a coach, and is it worth it. There were various opinions, some ladies found great benefit, others thought it wasn't for them. In case you are sitting on the fence, here is a list of my top five reasons for why a running coach could be great for you....

1. Motivation – a coach can be your own personal fan club, providing you with praise and encouragement when needed. Regular reporting to a coach can also provide you with the motivation you need to get out that door and run!
2. Goal setting and planning – a coach can help you with your goal setting process, selecting both short and long term goals that are realistic, and then designing a training plan around those goals. When day-to-day life throws the occasional curve ball at you, a coach will manage and re-arrange your program with you to get the most out of your training.
3. Individualised training plans – a great coach won't hand you a generic training plan found on the internet! They will customise your training to suit your goals, lifestyle, family and work commitments. They will provide regular feedback and change your program as needed.
4. Injury prevention – A coach can recognise the first signs of fatigue and can recommend changes to prevent overtraining which can lead to injury.
5. Knowledge – an experienced and accredited running coach will have a wealth of knowledge on all things running – training, competing, nutrition, recovery, strength and conditioning, equipment, clothing, shoes, injury prevention, etc. A running encyclopaedia on legs at your disposal!

Happy running!

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Level 1 Community Athletics Coach – Athletics Australia

Level 2 Intermediate Recreational Running Coach – Athletics Australia

International Association of Athletics Federations Kids Athletics Coach – Athletics Australia

BOSTES Accredited teacher

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