

Advanced Distance Training Group

Training for marathons, half marathons and shorter road races.

Small group for lots of individual attention.

Individual training schedules based on each runners' abilities, past experience, time available and goals.

This summer there will be two groups, one meeting at 9 AM and the other at 6 PM Tuesdays and Thursdays in various locations. The summer 2012 group begins Tuesday June 12.

I believe in periodization so the initial weeks are mainly long slow runs and running on grass and hills for strength. Next we move into a transition phase where we do more work on lactate threshold, running economy and agility. The final race specific phase prepares the runner for the goal.

The days we run together include a warmup, dynamic stretching, form drills, agility exercises, perhaps some plyometrics then the body of the workout. Workouts are designed so each runner, no matter their speed, will get the proper benefit.

As well as training schedules you get lots of information – articles from some of the world's top coaches and sports scientists, on strength training plans, nutrition, sports psychology, recovery, race plans and more. In addition I do video form analysis on each runner (included) and can do blood lactate testing and heart rate testing. You are welcome to ask all the questions you want.

My qualifications: I am a level 4 distance coach through the National Coaching Certification Program and have further certifications through the Road Runners Club of America and the US Track Coaches Association. I have earned the Diploma in High Performance Coaching through the National Coaching Institute and have attended Vancouver's International Coaching School. I have attended courses in blood lactate testing and video analysis using Dartfish technology. I attend every coaching clinic, seminar and summit that I can to ensure that my knowledge is up-to-date. My athletic career has gone through cross country skiing (I was named to Canada's national team) through track and field and road running and now as a master's racewalker I have several national age group records and have won World Masters Athletics medals.

I believe that every athlete, of any ability, deserves a real coach. If you are serious about your training then I will do all I can to help you to achieve your goals.

Cost: \$100. For the 5 month session

For more information contact me:

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