

Running Goals Worldwide Training Plans

- We provide personalised training plans to help you PB over 5k, 10k, Half Marathon and Marathons
- We analyse your training history and look for any patterns or neglected training areas.
- We discuss your recovery programme & training loading to improve your performance.
- We also discuss running-specific Strength & Conditioning, Sports Psychology & Race Tactics
- We schedule weekly phone calls to discuss your training and areas you can keep improving.



We plan every week to the last detail to help you run a great race.

Running Goals Speed & Fitness Training

- Enjoy running but want to run faster (or further)?
- We train runners of all ages & abilities from ages 12+ to Vet 70 to improve their fitness.
- We've delivered 100's of Personal Bests (PB's) and Personal Records (PR's) from 100m up to Marathons.
- We also train athletes from other sports including Triathlon, Hyrox, Football, Rugby.

You don't need to be a professional athlete to have your own personal running coach.

Running Goals Technique Coaching

- Do you feel like you may be moving with the "wrong" Running Technique?
- Want to learn how to generate more force & reduce braking with each step?
- Would you like to know what part of the foot is best to land on or how best to use your arms?
- Perhaps you need help controlling running downhill or maintaining your speed through corners?
- We use a variety of drills to improve your strength and co-ordination to make you a faster runner.

We assess your running style and teach you how to run more effectively.