

GUIDE TO USING A RUNNING COACH



As a member of Kenilworth Runners, you have free access to our qualified running coaches. They can help you improve your running in the following ways:

1

CUSTOMISED TRAINING PLAN

A running coach can create a personalised training plan for you, based on your fitness level, goals, and schedule. This plan is tailored to your specific needs and is designed to help you reach your goals efficiently and effectively whether you are striving to run 5k, a marathon or even further!

5

INJURY PREVENTION

Our great coaches can help you prevent injuries by identifying potential problems in your form or training plan and making necessary adjustments. It's too easy to overtrain, adopt poor techniques or use the wrong equipment that results in injuries without you understanding why it might be happening.

2

IMPROVED TECHNIQUE

Our great coaches can help you improve your running form and technique. Proper technique can help you run faster, reduce your risk of injury, and increase your endurance. An ideal way to do this is to come along to one of our track nights.

6

NUTRITION GUIDANCE

Our coaches can provide guidance on nutrition and hydration, which can help you perform at your best and recover more quickly after workouts and races. This is an area that many new runners simply overlook as their distances start to increase.

3

MOTIVATION AND ACCOUNTABILITY

They can help keep you motivated and accountable. They provide support, encouragement, and feedback, which can help you stay on track and achieve your goals. They are all runners themselves and have experienced the highs and lows that are a natural part of developing your running.

7

BETTER RESULTS

With the help of a running coach, you can improve your performance and achieve better results. A coach can help you reach your goals more quickly and efficiently than you would on your own. You don't need to be an elite runner to benefit from the input of a coach and they are really nice people too!

4

MENTAL PREPARATION

They can help you mentally prepare for races and other running events. They can teach you strategies to manage anxiety, improve focus, and stay motivated during the race.