



WHY HIRING A RUNNING COACH IS WORTH THE INVESTMENT

1. A Coach helps you Define and Meet or Exceed your Goals

Coaches are trained and experienced in helping runners figure out exactly how to meet their fitness objectives. Any type of runner who has a specific goal can benefit from a coach, whether that's a time goal, qualifying for Boston, or even losing weight. They'll also help you set other goals by telling you what's realistic, what it will take to meet your goals, and showing you the path to get there. This adheres to research which finds that the more measurable and intentional goals are, the easier they are to achieve.

2. A Coach helps keep you Focused, Consistent, and Motivated

Consistency is key for good training, and your coach can help you be more consistent than ever and ultimately help you get faster than you ever thought possible. Runners need to remind themselves that results don't happen in weeks or even a few months, it is a process. Sometimes, staying consistent means staying motivated and a coach can play a key role in keeping your motivation high. One study suggests that one-on-one personal training is effective in not only changing attitudes towards physical activity, but also increasing the amount of time participants spent being physically active.

3. A Coach will Warm you up, Cool you down, and Help prevent injuries

Coaching program designs may vary, but any structured plan will include structured training runs, warm-up drills, cool-down drills and stretching, and recovery activities, nutrition guidance, strength training, and race-day preparation. Strength training significantly reduces the occurrence of sports injuries and injuries related to overuse. Reducing injury risk takes proper planning for running workouts and total mileage run per week. Coaches can also help with other factors related to injury prevention, like proper footwear, running surface, and strength training. Runners will benefit from, exercises that improve hip strength and single-leg balance and stability. A good coach will be available any time for you and should be willing to revise your training plan, help you with recovery (sleep, fueling, appropriate workouts, or injury management), and answer any questions you have.

4. A Coach has great tips for Nutrition and Fueling

Nutritional guidance is a major part of the coaching experience. Most athletes know, nutrition is key when it comes to enhancing physical activity, athletic performance, and recovery.

5. A Match Made in Running Heaven: How to Find the Right Coach

Knowledge, experience, and personality are all things to keep in mind when finding the best running coach for you. A good coach is successful when they accomplish one thing: helping their athletes achieve their goals. Make sure your coach can demonstrate their effectiveness by showing you their runners' success stories, testimonials, and feedback. Getting results is what makes runners hire coaches.