

David Alley



Qualifications & Experience

- ✓ Level 2 Recreational Running Coach (Athletics Australia)
- ✓ IAAF Kids Accredited Athletics Coach (Athletics Australia)
- ✓ Multiple World Record Holder – Ultra Endurance
- ✓ Diploma of Policing Practice (Charles Sturt University), Diploma of Public Safety,
- ✓ Certificate IV in Security Operations
- ✓ Operational Skills & Tactics Instructor - QLD Police Service,
- ✓ 16+ years as an operational Police Officer in both NSW & QLD

Run Coaching

My One on One Run Coaching sessions are suitable for all levels and abilities. If you have never run before and want to learn or if you are an experienced runner wanting one on one coaching I can program a suitable session for you.

- Beginner
- Intermediate
- Advanced
- Learn to Run
- Set a New PB
- Running Technique
- Pacing
- Confidence

Personalised Program

- Set a New PB
- Avoid Overtraining
- Race Prepared
- Increase Running Fitness
- Planned Recovery and Tapering
- Program is emailed to you fortnightly
- Minimum 2 x Weekly check-ins with your coach

Ultra-Endurance Consultations

If you are planning an Ultra-Endurance event, I can meet with you in person or over phone/facetime to do your consultation. Topics we can cover depend on your event and experience however a few examples are - time required for race preparation, logistics to consider, periodisation of your training, nutritional considerations both for training and racing/competing, temperature/weather factors, referral to medical and health practitioners if required, legalities/records to reference, injury prevention, mental preparation (and more!)

Cost

One on One Coaching 30 minutes	\$40 *additional person \$10 each	One on One Coaching 60 minutes	\$70 *additional person \$10 each
One on One Coaching 45 minutes	\$60 *additional person \$10 each	Ultra-Endurance Initial Consultation	\$60 / 60 mins Follow up consult \$30 / 30mins
Personalised Run Coaching Program	\$200 per 12 week block	Weekly Ezidebit Run Coaching Program	\$18 per week

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