

Lisa Tamati Hot Coaching

If you're reading this then you've decided or may be considering to take on a challenge that will have a positive impact on every aspect of your life!

Just like you most of us have struggled and felt the frustration of not getting what we've wanted out of an event or a training session because we've either underprepared or simply pushed it that 1% too far too often.

So how do I find the correct training regime that will specifically work for me?

We recommend starting with a structured plan and working alongside Lisa Tamati and Neil Wagstaff at Running Hot Coaching, you'll be able to learn all you need to know, in a structured and scientific way to ensure that not only will you achieve your goal but that you will do it knowing that you can avoid injury and finish strong.

They will be with you all the way to the start line.

Get started now and download your FREE Running Hot Coaching training plan to help you get started the right way.

www.runninghotcoaching.com/halfmarathonplan

www.runninghotcoaching.com/marathonplan

www.runninghotcoaching.com/50km

www.runninghotcoaching.com/50miler

www.runninghotcoaching.com/100km

www.runninghotcoaching.com/100miler

www.runninghotcoaching.com