

Background

- ❑ **Primary/High School: Variety of sports; Swimming, Athletics, Badminton, Football.**
- ❑ **University: Focus on distance running. Competed at Scottish/British Universities level – 1500m up to 10km (road)**
- ❑ **Post-University: Transition to longer road/cross country races. 5km up to marathon distance.**



Highs and Lows

- **Breakthrough season 2010:**
 - **10km PB and first sub-30min (29min 46s) – only Scottish-based runner to break 30min barrier that year.**
 - **First Scottish International vests in Home Countries International Series of Road Races.**
- **Success in Cross Country**
 - **2nd in Scottish National XC Championships 2012.**
 - **Scottish International representation in Antrim, NI & Liverpool cross country races.**
- **Ethiopia 2011**
 - **Win half marathon; spend 10 days training at altitude; & meeting running icon Haile Gebrselassie.**
- **Injuries**
 - **Stress fractures in tibia & metatarsal; torn calf muscle; collapsed arch in foot; strained quad/hamstring muscles**
- **Commonwealth Games 2014**
 - **Target the marathon qualifying time of 2hrs 19min. First marathon Dublin 2012 (2hrs 25min 47s), then London 2014 (2hrs 27min 48s)**



Training/Coaching

- **Loosely structured training regime during school/university.**
- **Mainly coach-led sessions, without a formal coach/athlete relationship.**
- **Under Sophie Dunnett's mentorship since 2009 – transition to a more structured training format.**
 - **Training blocks and Race schedules discussed and agreed upon.**
 - **Regular catch-ups to evaluate training and any difficulties arising from injury or fitness.**

My Typical Training Week (Summer 2014/15)

- **Monday**
 - Lunchtime: Easy 5-mile run
 - Evening: 10 mile run on mixed terrain. Comfortably hard, but slower than tempo-pace
- **Tuesday**
 - Lunchtime: Short Gym session – 15min treadmill run + 20min stretch/core workout
 - Evening: 5km/10km-paced track session. Eg. 20 x 400m, or 8 x 800m, or 5 x 2000m
- **Wednesday**
 - Lunchtime: Easy 5-mile run
 - Evening: Hilly 6-mile run (easy-paced) followed by 30min stretching/core workout in the gym
- **Thursday**
 - Lunchtime: Short Gym session – 15min treadmill run + 20min stretch/core workout
 - Evening: Hills session. Either 45min continuous loop of up/down, or hill reps (eg. 6 x 3min uphill with 45s downhill + 6 x 1min uphill with 30s downhill)
- **Friday**
 - Rest day or easy 5-mile run at lunchtime
- **Saturday**
 - Morning: Race or Comfortable Trail run
 - Afternoon: Hot Yoga session (1hr)
- **Sunday**
 - Morning: Long hilly run – 18 to 20miles, or approx 3hrs worth of running.
 - Evening: Hot Yoga session (1hr)

European and World Mountain Running



Championships



- Europeans: Gap, France (2014); Madeira, Portugal (2015)
- 10th (2014), 5th (2015); GB team silver (2014 & 2015)
- Worlds: Tuscany, Italy (2014); Conwy, Wales (2015)
- 21st (2014), 6th (2015); GB team 5th (2014) & bronze (2015)

