

RECOVERING COUCH POTATO FITNESS INC.



Trina (Winnipeg, Manitoba):



I would not have successfully completed my first half marathon without the guidance and support provided by Cory.

He set up a comprehensive training program that suited my available time, current fitness level and location (flat Prairies!). While I was training, he guided me through injuries and setbacks but almost more importantly, he checked in with me numerous times to provide the cheerleading and support I needed. To top it off, he sent me a great "13.1" magnet to celebrate completing the half marathon!

I now love running and still turn to him for advice. Thanks Coach!