

RECOVERING COUCH POTATO FITNESS INC.



Laina (Calgary, Alberta)



Cory created a custom training plan for me designed to improve my half marathon time. The plan incorporated other scheduled activities such as yoga, cycling and Tae Kwon Do.

This year has been my Personal Best for a number of road race distances. Most important to me is my recent PB at the Calgary Half Marathon. The added bonus of significant improvement in my recovery time was unexpected but nice.