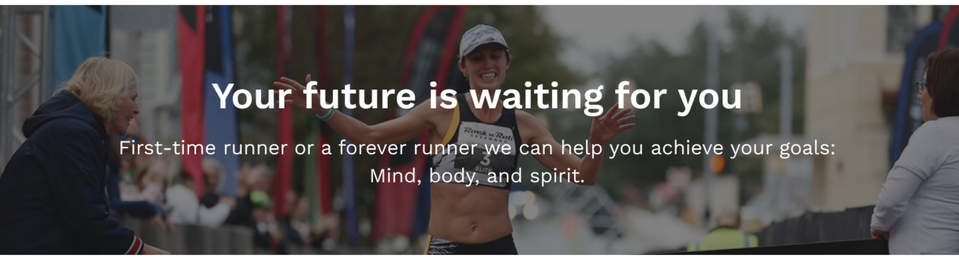


Your future is waiting for you

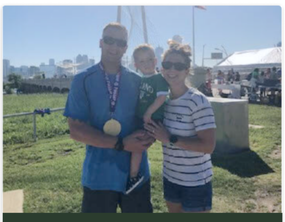
First-time runner or a forever runner we can help you achieve your goals: Mind, body, and spirit.

Our Clients Success Stories

"I ran 40 miles for my 40th birthday!"

Neelam
California, USA
Coach: Paige Stoner

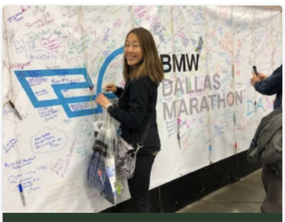
Running has been such a positive thing in my life. Whether I run alone or with others, running is one of the most important acts of self-care that I do. Starting Run Free in May, I felt like the program and my coach Paige were going to be a good fit. They listened to me and took a holistic approach to run, which I loved. Paige designed workouts that were both challenging and fun. These workouts gave me the confidence to take on the challenge to run 40 miles on such a special day.



"I was able to stick to our game plan and hit a huge PR"

Lucas
Lodi, CA
Coach: Jared Carson

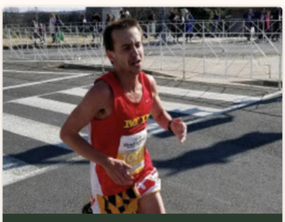
After several marathons being cancelled, Jared and I decided to see where I am. We created a self made marathon, that with an incredible amount of support from my wife, son and family members I hit a huge PR, which would not have been possible without without my family and my coach.



"6 minutes off my PR is not something I was expecting!"

Heidi
Victoria, MN
Coach: Rachel Schneider

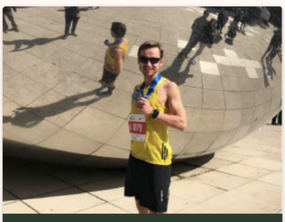
I'm running for not only my physical health and fitness, but also for my mental health (exercise is the best medicine). I managed to compete the City of Lakes Half Marathon with a 6 minute personal record! I felt good for the most part, and really pleased with the result. I'm convinced that Run Free's training method is the reason.



"I set two personal records in just one month!"

Ryan
USA
Coach: Jimmy Stevenson

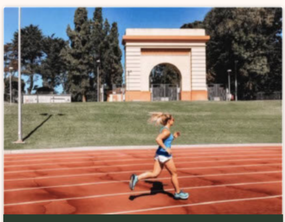
My goal was to peak for the Aramco Houston Half Marathon. I ended up posting a second persona record of 1:09:25! Three weeks later, I shifted my focus in an indoor track to set a personal record in the 5k with a 15:11.



"Next up, Boston"

Ben
USA
Coach: Rachel Johnson

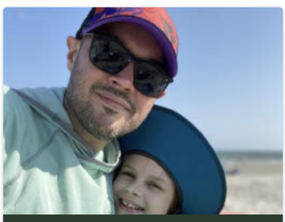
I always focused on gaining distance not speed. Shorted runs are my weak point and I would never dip below 29 minutes on a 5K. It would take me 3-4 miles to get warmed up. But with my coach implementing a regular workout routine I surprised myself and ran a 5K at 27 minutes. I am so grateful for Run Free coaches making these PR possible and for helping me keep the joy running offers.



"I took 18 resconds off my PR while recovering from injury"

Paula
USA
Coach: Britt Oliver

I have been in the processes of recovery from an injured achilles heel. But with Run Free, I surprised myself with a 6:19, just 18 seconds off my lifetime PR! On day's that "I don't feel like it", I have to remind myself what a gift it is to be able to physically work out because there was a time when I wasn't able to.



"I connected instantly with Run Free's Holistic Training"

Pablo
USA
Coach: Jared Carson

Before Covid I was training for a half and Marathon, but everything got shut down and the marathon was cancelled. I had come to rely on my physical health, but I could tell I was running myself into the ground.
A good friend suggested Run Free and it was an instant connection. I am grateful for the guidance and guiding motivation. I can't wait to see where my running journey takes me!

"I could never have trained myself to run a 1:40:49 half!"

Melody
Richmond, VA
Coach: Rico Nunez

Rico asked me, "what's your why?". "My why?", is to push myself to do the hard things that I don't think I can do. Although I am a very disciplined and intrinsically motivated person, I believe that there's only so much you can do if you're training independently. I could have never pushed myself to run several of the workouts I've done in training if on my own. Having Rico helped break those mental and physical barriers.

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