Great Ocean Road Marathon: Festival of Running - Training Group

The iconic Great Ocean Road Marathon Festival is fast approaching on the weekend of 18th-19th of May. With race distances varying from the Marathon (45km), Half Marathon (23km), a 14km course and a 6km course, there is something for everyone! So why not join our training group and give it a go?

Starting the week of 4th February (16 weeks from race day) we begin! For the small price of $150 you get:

- Access to two squad sessions per week that will be individualised to your performance goals, athletic background and the event you have entered
- An individual program to follow in your own time for other running sessions throughout the week that is personalised to your needs and abilities
- Four specific workshops over the 16 weeks to help you along with your training in the topics of:
  - Injury Prevention
  - Running Strength and Conditioning/Mobility Exercises
  - Nutrition for Distance Running Racing and Training
  - Mental Preparation Techniques for Distance Running Events
- Access to experienced and qualified coaches to help you with your running questions and technique
- Extra motivation that training with like-minded others can provide!

Group training sessions will occur in Torquay (PM) on Tuesdays and Geelong (PM) on Thursdays

Can’t come along to the group training sessions? We can help you out with an online program for the same price, along with invites to the workshops.

Please contact Michelle Hemley on 0402 299 589 or email info@getsetupinsport.com.au

Running Coaching Testimonial

Having recovered from back issues which had prevented me running long distances for some time, I made the decision to enter my first marathon – seemed like a significant event to mark my 40th birthday! Having made the commitment I duly set about increasing my running some seven months out, pushing myself to go further for every run. It wasn’t long before I was pretty drained and already encountering more than a few ‘niggles’.

At this point it became apparent that I needed to structure my training more effectively so I approached Michelle for advice. The difference was incredible, with her designing a week by week program for me which was based around different sessions which not only kept the thing more interesting, but was tailored to the needs of my event, as well as keeping me a lot fresher. As a result, my fitness improved quickly, but without becoming ‘overtired’ during the week.

Michelle was very skilled at building up the training gradually and when required would alter my weekly program to cater for any life challenges I may have had at the time. Her enthusiastic and positive nature would inspire me into my next session and keep me moving forward, even when the goal could seem a long way off! Her knowledge and experience with sports science and endurance sports training also enabled her to answer all of my questions along the way!

My goal leading up to the event was to run the marathon (2011 City to Surf WA) in about four hours - and with Michelle’s help and was very pleased to exceed this expectation by going 3:50! The whole thing was a great experience, I am very grateful for Michelle’s help, and would recommend her without hesitation to anyone looking for guidance to achieve a goal of their own.’

Greg Williams – Perth WA