

## Faster, stronger, smarter ...

Contributed by Glenn Williams  
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"Faster, stronger, smarter, and PRs from Olympic to IM distance all in the same year and this on LESS training time. The only reason I did not PR a sprint race is that I never got one on the calendar! Frankly, between my orthopedic physician and Allan's coaching I'm doing things athletically that two orthopedic surgeons claimed I could never do.

I came to Allan with a history of knee injuries and consistent GI problems at the 1/2 IM and IM distances. Allan's mentoring had me doing things on the track I would have never-ever attempted on my own. Speed work with my knee, no-way, but with patience and intelligent dosing of pace-sensitive work I'm faster and going longer than I have for 16 years. My GI problems had me under-performing in all my long and ultra races. In six weeks Allan turned that around with me setting a new PR at the 1/2 IM distance AND qualifying for Long Course Team USA in 2003. Not bad for a guy who went 16:40 in an IM the previous year.

There is a challenge to working with Allan - he wants you to have a life! Seriously, he brings a balance to training and racing that is refreshing. I got 3-4 hours/week back into my schedule by training 'smarter'. That alone was worth the costs of coaching.

Faster, stronger, smarter and PRs falling everywhere but what I appreciate about Allan the most is that he's a real person, someone you can talk with, debate, and know that he cares for the person as well as the athlete. My recommendation for Allan as a coach is unqualified, unless you're in the M45-49 (my) age group?! Feel free to contact me for further discussion regarding the Smart Sport experience."

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