

## I am not only a better athlete, but a better person ...

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The definition of a coach is "one who trains athletes" or "a private tutor". Neither definition adequately describes all that Allan has done for me. His expertise as a coach has helped me achieve the goals I've set for myself as an athlete. His formula for training involves quality, efficient workouts that have allowed me to improve my times, without giving up my life to endless hours of training. My training program is specific to me and my goals - not a mass produced list of workouts. The best aspect is that it's all based on scientific methods to maximize performance, while preventing injury, over-training, and burnout. His training regimen not only involves the physical effort, but also the mental effort needed to successfully train and race. I know I can count on Allan to encourage me to be the best I can be. I can call him anytime, ask any question, and know that he'll give me a qualified answer and positive feedback. I am not only a better athlete because of Allan, but also a better person. Thank you Coach.