

DAVID READER

Level 3 Performance Coach

Middle-distance and endurance

I am a UKA level three middle-distance and endurance performance coach, with a background in sport and athletics. I also hold BSc, PGCE and MSc in Physical Education, Sports Science and Sports Management disciplines. I also hold other sporting coaching qualifications. I have been heavily involved with the British Milers Club for many years as a race director and national officer.

I was a competitive 400, 800 and 1500m runner competing for Blackpool, Loughborough Uni, and Cambridge H, with the odd county representation. I also competed in cross-country and ended my competitive runner career with the marathon.

I like to work with athletes to help them get the best out of themselves – maximising the time we spend together. I utilise the track, road, country, hills and gym in order that training is holistic and never becomes stale. Injury avoidance is always a prime consideration in training plans that I set. I like my groups to train together as much as possible and I shape sessions to make this happen. I believe runners performance better when training in groups. I also encourage athletes to compete regularly and develop their competitive sense.