

Peak Performance Testimonials

Hi Coach, I did practice the "pawing" we talked about. It seemed to help a great deal. I think I was doing it right and I timed the half miles for a 5 mile run. I ran 15-20 seconds faster per half mile! -- RB

Hi, Coach! I'll be at PEAK tonight but wanted to share my results from yesterday's CDC. I'm pretty sure this is a ½ marathon PR for me. I know I could do better yet, but I'm happy with these results. I felt good overall and this year's training really is making a difference. Thanks for all you do for us! -- MH



Peak Performance Training

Outstanding among the good tips from you that I kept in mind today – keeping the foot strikes quick and not spending too much time on the ground. I remembered that later in the race, when I started to hear my foot strikes. I adjusted accordingly. Thank you for your good advice. -- JC

I had a super marathon race in New Jersey shore this weekend – 6th place in age group out of 65 (40-45 female division) , 14th overall Masters female and even better, my first Boston Qualifying Time!! I'm on cloud 9 after all that tough winter training! I even beat my 2 guy friends I was pacing with – better training on my part I suspect. Thanks to Peak Performance classes, and your support through the years. Thanks again. -- TH

Hi Coach, I ran 30:13 at Shamrock Shuffle which was a big PR - previous best was 31:46. I ran comfortably and under control. When I was done I actually felt that I could have pushed the pace a little harder. My training partner and I went back to Long Grove and did 10 miles on a hilly course to get our last long run in before London.

I have to tell you that I have not tried to kill myself with the mileage this winter, but I made sure I did the core and plyometrics every Mon & Wed. Over the past 4 weeks I have felt a difference in my running. -- GW
