

INTRODUCING

Nicole Richards

Running Coach & Personal Trainer



With over 8 years of experience as a Running Coach and Personal Trainer, I have helped hundreds of individuals transform their running journeys and lifestyles. I thrive on witnessing people achieve what they once thought impossible, crossing finish lines when they once believed they would never even reach the start line. My mission is to inspire, educate, and motivate more people in the world of running.

Whether you are just starting out or have been running for years, my program and approach to training will enable you to become the best running version of yourself. I will tailor your training to suit your goals, ensuring you build strong foundations through strength training and become more efficient outdoors with a personalized running plan.

EDUCATION & CERTIFICATIONS

- North Shropshire College – Higher Education Diploma Social Sciences and Humanities
- The Training Room – Level 3 Personal Training
- The Training Room – Level 3 Fitness Instructor
- Focus Awards – Level 3 Pre and Post Natal Coach
- England Athletics – Leadership in Running Fitness
- Optimum Nutrition – Sports Nutrition
- Nordic Fitness Education – Sleep Recovery Specialist

Stuttgart Sports & Fitness

Panzer - Patch - Kelley - Robinson

stuttgart.armymwr.com