Coach: Alexandra

Candidate: Ismael (Assistant Coaching candidate)

I want to take a moment to express my heartfelt thanks to Coach Alexandra for her incredible support, professionalism, and kindness throughout my UK Athletics assistant coaching course.

Her expertise as a running coach is unmatched, and she went above and beyond to mentor me, offering invaluable guidance every step of the way.

Alexandra was instrumental in helping me navigate the course, ensuring that I had all the tools and knowledge necessary to successfully complete my assessments. Her dedication to coaching and mentoring truly shines through, and I feel fortunate to have had her by my side throughout this journey.

Coach Alexandra has been an incredible source of support, mentorship, and guidance during my training. Her expert instruction and personalized approach helped me develop both as a runner and as a coach-in-training. I'm grateful for her constant encouragement and for sharing her wealth of knowledge, which has been instrumental in my progress. Highly recommend Alexandra to anyone looking for an outstanding running coach!

Thank you, Alexandra, for your unwavering support and for helping me grow and develop as an assistant coach. I couldn't have done it without you!