

Training Plan Disclaimer

Our training plans are designed using evidence-based principles to help athletes improve performance and reduce the risk of injury. Each plan is tailored to support your goals, fitness level, and progression in a safe and structured way.

However, by participating in any training plan provided by this coaching service, you acknowledge and accept the following:

1. Injury Risk

- While every effort is made to minimise injury risk through intelligent programming and guidance, injuries can still occur due to the physical nature of running and individual variability.
- You are responsible for listening to your body, seeking medical advice when needed, and adjusting your training accordingly.
- This coaching service is not liable for any injuries sustained while following a training plan.

2. Performance Expectations

- Training plans are designed to give you the best possible opportunity to improve and reach your goals.
- However, performance improvements are not guaranteed, as progress depends on a range of factors including consistency, recovery, nutrition, and individual physiology.
- We commit to supporting you with expert guidance, but results may vary from person to person.

By engaging with this coaching service, you agree to these terms and understand that your participation is at your own risk.