



***Helen James – Runner***

*“Having recently returned from injury I wanted to work on my running form to injury proof myself for the future as well as become a more efficient and faster runner. I chose Shane because his sessions are outdoors rather than on a treadmill in addition he had great reviews and feedback. The session included looking at the data from Vimove sensors which were on my shins as well as video of me running at different speeds. Shane explained clearly what I needed to work on based on Vimove data and the videos as well as why these things would improve my efficiency. Shane has encouraged me to think about the way I run which I have never done before.”*