



Jason Nash – Ultra Runner

“In preparation for the Bhutan Ultra I decided to make sure that I left no stone unturned and contacted Shane at Running Reborn to make sure that my running technique was up to the challenge. Shane’s coaching has changed the way I think about running, my increased speed and reduced injuries have been a revelation.

I finished the race with no problems and enjoyed the whole experience. I also found the ViMove and video analysis fascinating and this has helped me work with my physio and my personal trainer with my strength and conditioning coaching. I would not hesitate to recommend Shane and will be back myself in preparation for my next challenge.”