



Simon Hollis

“I saw an advert for Running Reborn in the Run Ultra online magazine and was interested in the ViMove technology but took the plunge with a couple of hours of coaching too.

Having completed the Marathon des Sables this year I am now preparing for the BTU Amazon Jungle Ultra, a 5 day event in Peru next year and want to be in the best shape possible. Ironically I had suffered with a shoulder problem but no real issues with my legs but wanted to run better and quicker!

The coaching is excellent, Shane takes a lot of time explaining the science behind what he tells you which can make the session seem a little slow but having put into practice what I was shown I can tell you that it makes perfect sense to understand what is happening in your body. Shane provided some useful training tips that have paid dividends.

I am happy to say that I am running quicker with no shoulder problems and even have chi moments during my running where it feels effortless. Overall money well spent given the results and the follow up from Shane.”