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MORE POSTS

CONTACT US



WHO WE ARE

OUR PHILOSOPHY

TO PREPARE EACH RUNNER FOR THE CHALLENGES OF TRAINING

We hate injuries just as much as you do, and that's why we build a slow progression without unnecessary strains. We understand that you love running but it doesn't pay your bills or raise your kids, and that's why we will never give you useless training hours just because we can. Only key workouts and the right amount of miles that will push you to the next level.

MEET THE TEAM



JOHN DOE
CO-FOUNDER & PRESIDENT

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CONTACT US



HIGHSTRIDE FAQs

GENERAL QUESTIONS

WHAT HAPPENS IF I GET HURT/INJURED?	+
WHAT HAPPENS IF I GO ON VACATION/GET REALLY BUSY/ SICK AND MISS A COUPLE OF WEEKS?	+
WHAT HAPPENS IF I MISS A WORKOUT? OR MORE?	+
CAN I CHANGE THE DISTANCES OF INIDIVIDUAL RUNS IN MY PLAN?	-
<p>You will not be able to change the distances of individual runs in your plan. Each plan is designed with a very specific goal and takes into account the needs of a runner of a certain experience level.</p> <p>We strongly recommend not adding unnecessary mileage to your plan</p>	
HOW FAST SHOULD I RUN?	+
I WANT TO RUN FAST: WHY ARE PLANS SO “EASY”?	+
WHY DO I NEED A PLAN?	+
HOW DO I LOOK UP FOR RACES?	+
IS MY DATA SAFE HERE?	+
HOW DO I CHANGE A PLAN?	+
HOW DO I SET A TRAINING PLAN?	+
DOES “TRACK” WORK INDOORS?	+
ITS MY FIRST MARATHON, WHAT DO I NEED TO DO?	+
I WANT TO QUALIFY FOR BOSTON. IS THIS APP FOR ME?	+
WHO DEVELOPED THE PLANS?	+
WHAT CAN I DO WITH HIGHSTRIDE?	+

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