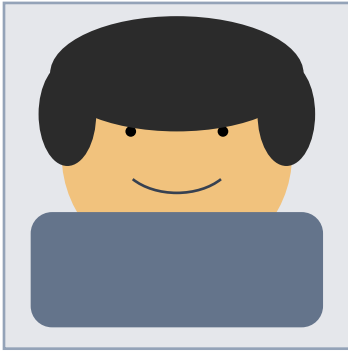


Olivia Taylor

Endurance & Cardio Coach • Herzliya, Israel • 4+ years



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Phone: +972-55-555-0101

Languages: English

Olivia is an endurance & cardio coach with 4+ years experience. Primary expertise includes 5K–Marathon Plans, VO₂ Max, Injury Prevention. Training philosophy emphasizes safety, progressive overload, and habit-building to deliver measurable results. Comfortable coaching individuals and groups, with programs adapted for beginners through advanced clients.

Core Expertise

- 5K–Marathon Plans
- VO₂ Max
- Injury Prevention

Certifications

- ACE-CPT
- RRCA Running Coach

Education

- B.A. Physical Education

Professional Experience

Coach — RunHub (2022–2025)

- Designed personalized programs, tracked progress, and ensured safe technique.

Assistant Coach — ActiveLife (2020–2022)

- Designed personalized programs, tracked progress, and ensured safe technique.

Selected Achievements

- Avg. 5K improvement: 2:15
- Designed 12-week base-building program

Training Approach

Assessment-first approach using movement screens and strength benchmarks. Programs are periodized in 4–12 week blocks with weekly adjustments. Emphasis on technique, recovery, and habit formation. Uses basic analytics (RPE, HR, volume, and adherence) to guide progression.

Availability

Weekdays: 07:00–21:00 • Weekends: 09:00–15:00 • Online & in-person sessions