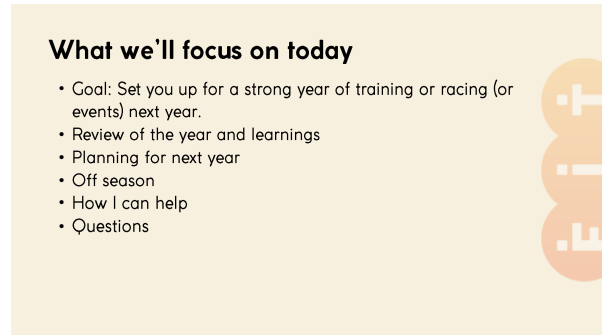
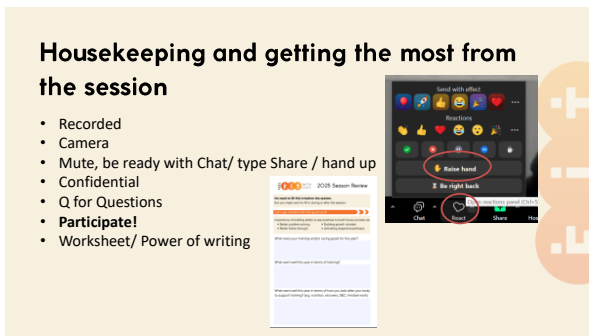




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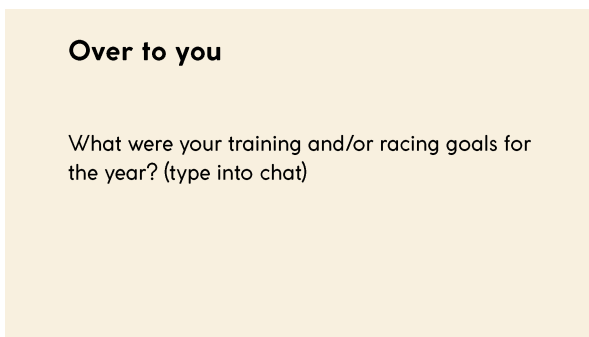
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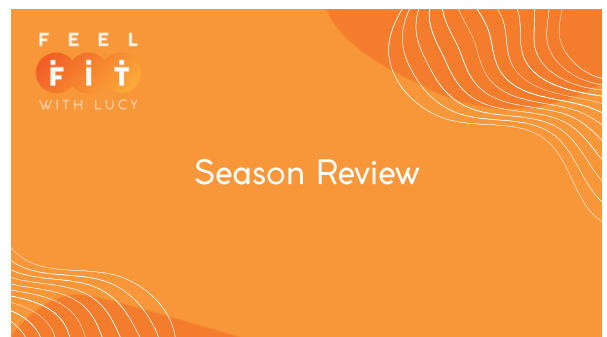
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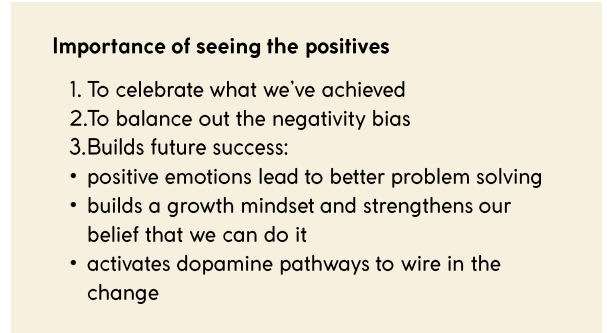
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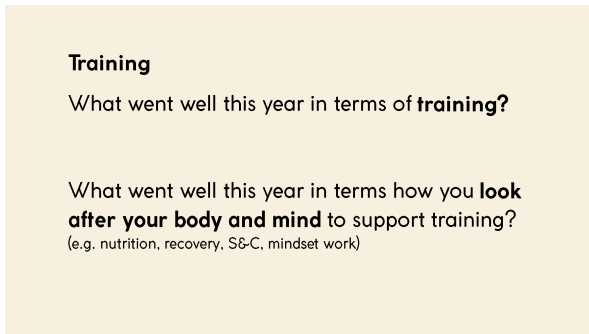
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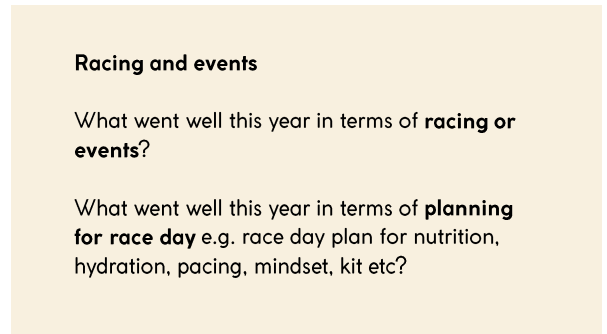
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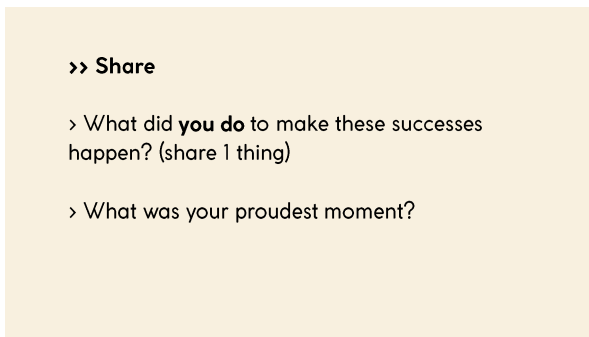
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9



10



11



12

Training

Is there anything you would have liked to have **improved or changed**

- in terms of **training**?
- in terms of how you **look after your body and mind** to support training?
(e.g. nutrition, recovery, S&C, mindset work)

13

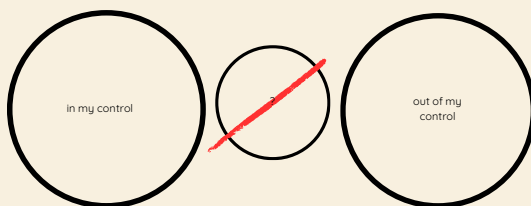
Racing and events

Is there anything you would have liked to have **improved or changed**

- in terms of **racing**?
- in terms of **planning and testing for race day** e.g. race day plan for nutrition, hydration, pacing, mindset, kit etc?

14

Of those things, which were in your control?



What could you do to change them next time?

15

F E E L
F i t
WITH LUCY

Learnings

16

Dealing with challenges

What was your biggest challenge?

What good came of it?

What did you learn from it?

17

Learnings

What have you learnt today (about yourself or training) that you didn't know /see before

What message would you like to have given yourself at the start of this season/ when things got tough?

How will you remind yourself of that next year?

18

>> Share in chat

Taking into account everything you've considered:

- > What are your top 1-2 learnings?

19



Planning for next year

20

Taking into account everything you've considered tonight:

- > What are your (draft) goals for 2026?

- > What are the top 3-5 inputs you want to focus on to achieve those goals?

[Consider skills, habits, lifestyle, external support, mindset, race planning ...]



Parking space for anything that doesn't fit in yet

21

Getting practical:

Are your goals &- inputs realistic/ challenging enough?

[Consider what's going on in the rest of life...]

What are your next steps? e.g.

- milestones e.g. when you need to start, other things that could impact training
- what you still need to find out and when you'll do that by e.g. club sessions
- anything else you need to factor in

How will you remind yourself of steps/ hold yourself to account?

22

World Marathon Majors

Avg Finish Times

	WOMEN'S	MEN'S
NYC MARATHON	3:56:03	3:33:30
BMW MARATHON	4:48:29	4:17:48
CHICAGO MARATHON	4:28:46	3:59:48
LONDON MARATHON	5:02:36	4:29:44
SYDNEY MARATHON	5:01:49	4:23:32
TOKYO MARATHON	4:43:11	4:13:19
TOKYO MARATHON	4:22:40	4:43:15

Only 10-20% of women get sub 4

23

>> Share in chat

What are you most excited about in terms of your goals or inputs for next season?

What do you think you'll find most challenging in terms of goals or inputs for next season?

24



Questions on 2025 review?

25



Off Season Top Tips

26

1. Rest and recharge



- Don't try and maintain race fitness
- Invest in things you have less time for in race season
- (re)find motivation

27

2. Build base fitness for next year



- Base training
- Consistency

28

3. Build enabling environment



i.e. the lifestyle and habits that will underpin future training (as well as long term health)

- Nutrition (*May 25*) e.g. meet daily protein target, e.g. regular meal prep
- Mindset (*April 25*) e.g. race day fears, limiting beliefs
- Recovery (*June 25*) e.g. sleep goals, planning rest
- S&C (Club Feel Fit, weekly) e.g. twice a week
- Working with your cycle (*March 25*) e.g. track for 3 months

29

.... supported by habits



(*Turning intention to reality, July 25*)

Move from will power to ease through habits

- >> Decide your priorities – Set 1 goal at a time
- Plan when you will do it, consistent trigger

If struggling:

- What's the barrier? What can you do to change it?
- Add a reward.
- Make it easier/ smaller. Start at lowest hanging fruit.
- Reduce decisions

30

4. Address biggest issue in terms of skills and weaknesses



- e.g. Swim technique, bike skills, run form, injuries (unless big build)

>> Set a goal for priority areas (input or output?)

31

e.g. Swimming



- Most significant impact on speed: Technique
- 1 x technique swim (e.g. first 25m of each 100m)
- 1 x structured intervals (e.g. CSS)

Sample goals:

Output: Take 1 sec off CSS every 8 weeks

Input: Swim once every week

32

e.g. Cycling



- Indoor training, structured intervals
- Skills and technique e.g. pedal stroke, constant power, cadence, aero position
- Outdoors – Be safe! Off road for skills and fun.

Sample goals:

- Ride outdoors once per month
- Increase FTP by 3 watts every 8 weeks, increase 'comfortable cadence' by 10 rpm

33

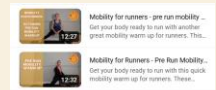
e.g. Running



- Don't change technique before a race
- Easy running, consider walk-run, Don't add speed until built base
- Warm up (see Mobility Monday) and drills
- Technique, see current Club Feel Fit sessions
- Off road/ cross country

Sample goals:

- Set a time for 2 runs a week
- S&C at least 1+ a week



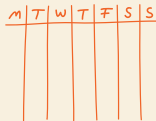
34

5. Build it into a training plan

- Ensure you get where you want to go
- Accountability

- Weekly plan
- Plan towards a race or event

- Write own plan (Feb 25), club sessions, off the shelf plan, AI
- Plan vs coaching



35

Taking into account everything you've considered tonight:

- What's your priority(s) for the off season?
- Are they realistic?
- Are they building towards the inputs you identified for 2026?
- What are your milestones?



Parking space for anything that doesn't fit in yet

36

- 
1. Rest and recharge
-
- 
2. Build base fitness for next year
-
3. Build enabling environment (nutrition, recovery, mindset, S&C, working with cycle)
-
- 
4. Address biggest issue in terms of skills and weaknesses
-
- 
5. Build it into a training plan

37



38



39

FOR JUST £25 EACH MONTH YOU GET:

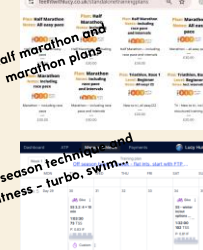
 Masterclass	- Nutrition - Mindset - Women's training - Dealing with stress - Creating change - How to have more energy...	 1:1 Coaching	 Q&A	 Masterclass review
Every week  Club Feel Fit	Every week  Mobility Monday	In the library  Feel Fit Foundations	In the library  Race Ready	In the library  On Demand

40



41

Training plans and support



Half marathon and marathon plans
Off season technique and fitness - turbo, swim...



Workshop on writing your own training plan

Monthly support through masterclasses and 1:1 coaching



42

“ I'd recommend to anyone interested in improving their fitness.

I've learnt so much, even though I've been running for 30 years!

Lucy is so knowledgeable and is passionate about passing that knowledge on.

She gives you all the tools you need to achieve your goals.



Vic, 53,
London

43

“ The mindset section has been invaluable to me.

I've transformed my life significantly in just a few weeks.

44

“ It's absolutely amazing value and there's such a lot on there in terms of resources, videos and information.

The coaching and masterclasses are especially helpful!

S.C. Cumbria

45

“ It encouraged me to try changing my diet.
Within a month I noticed a huge difference.

I can't believe how much it's changed my mental and physical wellbeing. I haven't been ill since I started doing it! I can't recommend it enough.

Katie, Manchester

46

FOR JUST £25 EACH MONTH YOU GET:

Masterclass	- Nutrition - Mindset - Women's training - Dealing with stress - Coaching tips - Off season training	1:1 Coaching	Q&A	Masterclass review
Evening Club		In the library	In the library	In the library
Club Feel Fit	Mobility Monday	Feel Fit Foundations	Race Ready	Catch up

SPECIAL OFFER

JUST £5 FOR NEXT MONTH

47

SPECIAL OFFER

bit.ly/MemberFF

- **Sign up by this Sunday** to get your first month for just £5 – use code **SEASON5**
- **Sign up tonight** to also get a free 1:1 coaching call with me
- (Sign up by **midday Friday** to join us for our next **Masterclass on How to Have More Energy**)

48

“

Lucy covers a wide range of topics in the Foundations course which makes it perfect to fit in around "busy life" and shows how to apply these foundations to your every day life.



Nat, 38, Wiltshire

”

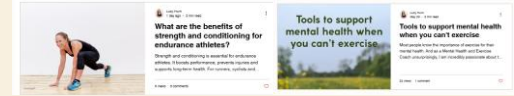
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Social media and emails

Follow me on Facebook and Instagram @feelfitwithlucy



See my blogs and emails for support and inspiration



50



Questions?

Get typing or hands up

51

With time so limited during the festive season with work and small children, which discipline should I focus on over the winter?

e.g. swim / bike / run / strength?

My strongest discipline or weakest discipline?



52

How do you manage the post race depression/ anticlimax. I try to focus on the results against plan, consider it a building block to improvement.

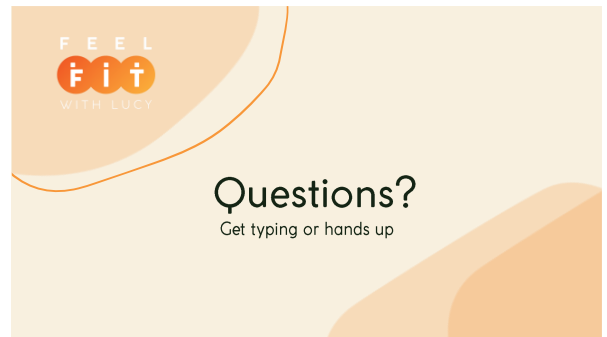
53

Often I feel hollow & constantly hungry the day after racing. What should I eat to overcome this?

54

How do you psychologically prepare for a big goal event?
The fear of a DNF is making question whether I want to even enter in the first place.

55



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