

HOME PAGE

SO YOU WANT TO RUN LONG? FOOTHILL COACHING IS HERE TO HELP!

Runner, if you're looking to run longer distances but are unsure of how to train and prepare for them, you've come to the right place. My name is Andy Kumeda, and with nearly 2 decades of ultra-running experience, I can help you achieve your long-distance running goals.

You're a runner and every runner has a unique journey. Maybe you started yours in high school on the track & field or cross-country team. Or did you start as an adult? Either way, you've decided that distance running intrigues you...maybe even scares you a bit (but isn't that part of the intrigue)?

What do YOU want to accomplish?

Whether you desire to finish your first marathon or ultra-race or to improve on past performance, my online coaching program, tailored for you, will prepare you to step up to the starting line with confidence. You'll run your race trusting your training and not relying on luck to take you through the finish line!

What do you need?

You need a specific running program for the race you want to run. It needs to be realistic for you and your lifestyle.

You need to learn how to fuel for long runs.

You need to cross-train.

You need to learn about rest, recovery, and taper.

And so much more!

Ready to start? **CLICK HERE to complete the intake form and set up your FREE CONSULTATION** (I allow for up to 2 hours if needed).

ABOUT PAGE

ABOUT ME

WHY I RUN LONG

First, the challenge. The truth is I got a little bored with shorter distances, including marathons, because I could predict down to within a minute or two what my finish time would be. Ultras present a far greater challenge for my mind and body.

Second, where I get to go. I love running outside on trails, especially in the mountains. Ultras have taken me to places in this country and abroad that I would never have seen as a tourist. In Costa Rica, I ran in places even the locals haven't gone!

Last but far from least, there is the community. The ultra-running community is composed of some of the most generous, kind-hearted, tough-minded, and unassuming people I know. If things go south, which often happens in ultras, someone will "have your back." These runners don't step over a fallen runner, they give you a hand up. If you don't know this already, you'll be running with a group of crazy, fun, and generous people. You'll likely make lifelong friends, just as I have.

WHAT I LEARNED...IT'S NOT ALL ABOUT THE RUNNING

I've raced a lot of ultras (*click here for my race history*). Every race has its own vibe, and they are all challenging in unique ways. But here's the strange thing...believe me when I tell you that the actual running is only one component of what it takes to finish a long-distance race. You know the saying, "*the devil is in the details*"? In distance running, neglected details can take you out of a race. Sure, I'll write your running program, but I offer you more than that. I've spent 18 years working out things like what shoes and gear to wear for specific races. It took a lot trial and error to dial in my hydration and nutrition and what to put in a drop-bag (if you're a newbie, you might be asking, "what's a drop-bag"?). I made mistakes, and I learned from them which means I can help you solve these issues and maybe save you time, money and the heartbreak of injury or a DNF.

Still Wanna go long? Click Here and let's set up your FREE CONSULTATION