

This month's Team Member of the Month is Coach Richard Kimani!

Coach Richard has been a fantastic addition to the Resolute Running coaching staff. His experience as a professional runner and his Kenyan training background have provided our team with unique insights and training philosophies, which we now incorporate with each athlete we coach. Since Coach Richard's arrival, our team has become stronger, faster, and injury rates have dropped dramatically. In addition to being an amazing coach, he is simply the nicest guy in the world and an absolute joy to be around. We love you, Coach Richard!



1. Tell us about your running background.

I started running in primary school because my school was six miles away, and we needed to get there quickly to be on time. There was no school bus, and my family did not have a car. Later my neighbor, who was a professional runner, encouraged me to join my secondary school team and I ran Cross Country until I graduated.

I then joined the training group in Ngong Kenya, and was fortunate to train with world-class athletes and coaches who pushed me to achieve faster times. I also spent six months training at Aspire in Doha Qatar, but the training environment was not a good match for me, and I returned to Kenya to continue training.

2. How did you become involved with Resolute Running Training Center?

Shortly after I moved to Birmingham, I was looking to start working as a run coach and I connected with Coach Alex Morrow and Coach Jennifer Andress.

3. What is your role here? Tell us what you coach.

Currently I am the speed development coach. I make the weekly speed workouts for the runners, and coach the morning speedwork sessions and running drills the last week of the month – my favorite week! I can really tell that it is helping the runners improve their form, speed and flexibility. It is also part of preventing running injuries.

4. *What is your favorite Resolute Running story or memory?*

My favorite memory is the day we started incorporating running drills into the training program. Everyone thought it was going to be an easier day, but all the Facebook posts about not being able to walk the next day told a different story!

5. *What have been some of your personal achievements since running for Resolute Running, and what's next for you?*

I have been fighting injuries for the past few years, but I am finally healthy and feeling good. I would like to run the Columbus Half Marathon next year and get back to my PR of 1:03.

6. *WOW! That's amazing! What is your advice for anyone considering a run coach and Resolute Running?*

Many people think of running as an individual sport, but you can only improve so much if you train alone. One of the main things I learned during my training in Kenya is the value of teammates and coaches that push you, encourage you to achieve more, and to hold yourself accountable for your success. I have always taken to heart the saying "If you want to go fast go alone, but if you want to go far, go together."