



coaching having worked as the Head Coach for UK Athletics and as a personal coach to legends such as Daley Thompson, Steve Ovett and Sebastian Coe. President of the European Athletics Coaching Association and Creator of the IAAF Coaches Academy, he has over 40 years of coaching experience.



Khotso Mokoena, Olympic Games, Commonwealth Games and World Championships medallist, he is one of the superstars of South African athletics. He is in training for the Tokyo Games and is the athletes' representative for the SA Sports Coaching Association (SASCA).

What's the course?

A 12-week **VIDEO** coaching programme that will empower you with the support and materials to hit the ground running when these uncertain #Covid-19 times are behind us.