



## What our clients love about **Jen Besten**



In November 2014, I ran the Philadelphia Marathon. It was a very hard run. I thought I had trained adequately (I had bought a book and followed the plan inside, after all!), but finished long after I thought I would. I also came out injured and spent the next 4 months in physical therapy, slowly building back up to running. After long discussions with myself and my husband, I decided to try the Philadelphia Marathon one more time. This time, however, I was going to be smart about it. I was going to admit that I had seriously underestimated what it takes to run a marathon. I was going to call in a professional. Enter Jen Besten.

I already knew Jen as the coach of the 5K Club. I had run with the 5K Club for 2 years and knew that she possessed a wealth of knowledge about running. We met to discuss my first marathon and what went wrong. We set goals for the 2015 marathon. We talked about training, family plans that training would have to accommodate, everything about the race—even my shoes! (Did I like them? How old was the current pair? Did I plan to use that particular pair for the race?)

The training plan was amazing and it was hard. Strangely, and contrary to what I had done last year, there was less running. Less running, but a LOT more cross-training. I ran, I swam, I did spin class, I started TRX, I took Strength for Runners class. I used just about every part of the gym, took new classes, and shook myself out of any exercise rut I had been in. Every week, I sent her an email detailing which workouts I had completed. The satisfaction of crossing off each workout and see my own progress was immense.

By race day, I knew that there was nothing more that I could do to prepare. Jen and I had met to talk race strategy (which boiled down to “Don’t get all excited and go out too fast!”), pre- and post-race nutrition, pacing, hydration, when to fuel on course, and what do if I hit “the wall”. She was there in Philly, running the 1/2 Marathon. She gave me a hug and we parted ways to our corrals. The 2015 Philadelphia Marathon was an unqualified success: I finished in 4:19, almost an hour faster than I had in 2014! That was possible only because of Jen’s coaching, her training plan, and her constant, unwavering support. I had finally had the marathon experience I was looking for! Hiring her was some of the best money I have ever spent.

— *Susan Kalet*

Jen is simply is the best coach there is. After I hired her, I stopped worrying; I knew my first marathon would be a success. She brings an awesome combination of expert advice and practical knowledge to every aspect of your race from your training plan to recovery and everything in between. She gave me the know-how and confidence to reach my goal. Two days after my first marathon, I already decided I’d run a second and she would be my coach again!

— *Jeanne Rapley*

