



RUNSTRONG

Prepare for 5K, 10K, 21.1K and 42.2K

HELLO FROM ANKITA

Hi I'm Ankita @*thecookie_runner*
founder of Athstrong/Runstrong ,
marathon coach and your biggest
cheerleader!

I believe that one can achieve their
personal best in running through a
systematic and scientific approach in
training approach which incorporates
Running Plans and strength training
sessions designed for runners, a
holistic nutrition plan and mind
power. I have learnt this through my
personal experiences of running and
winning numerous races in India and
in other countries. I want to be able
to transfer that knowledge and
experience to make your runs
powerful, faster, smarter and injury
free

Our coaching is enabling many
runners to achieve their PB, so
whether you are a beginner or an
experienced runner we have got
something for you.

We are here to help you achieve your
running goals, no matter big or small.



Ankita

Runner, 3 x Boston Marathon Qualifier,
USATF Certified Coach, founder of ATHSTRONG

Strength Training for Runners

₹1499 / Month

- Increase Muscular Strength, Power & Endurance
- Minimize Injury & Improve Recovery
- Stronger Mobility & Improve Stability
- Train with Certified Strength & Conditioning Experts



Reduce
Injury



Improve
Recovery



Train with
Experts

Prepare for 5K, 10K, 21.1K & 42.2K @ ₹2499 / Month



- Increase Muscular Strength, Power & Endurance
- Minimize Injury & Improve Recovery
- Stronger Mobility & Improve Stability
- Train with Certified Strength & Conditioning Experts
- An Athletic Performance Training Platform
- Improve Overall Performance



Reduce Injury



Improve Recovery



Train with Experts

WHY RUNS STRONG



MIND

Sessions on Mind Management.
Expert Panel to share ways to
de-stress, stay happy and be positive

BODY

Ankita and her team offer all
combinations of exercise regimes for a
generic active body as well as specific
solutions of issues faced by athletes



NUTRITION

An Expert Nutritionist offering a
generic balanced diet for natal care
and specific conditions

BY EXPERTS

Panel expert sports and conditioning
session to answer specific queries about
athletic performance





Ashita Banerjee

Runner - Switzerland

"As apprehensive I was of Online Training for strength my trainer has proved me wrong by paying attention to my form and making sure I do them in the most correct manner"



Nitin Tomar

Marathon Runner

"It's been 1 year since I have been training with AthStrong and I can surely say I have improved a lot. I can see transition in form, pace and timing"





Ankita: 9845317366



@thecookie_runner



@athstrong



www.athstrong.com/ath-runstrong

RUNSTRONG

Strength & Conditioning Training