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Runner's World

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- Yes, always
- Yes, sometimes
- No, I never have and probably never will
- No, but I would, if there was an easy way to do so

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RUNNER'S THE YARRA VALLEY **GRAPE RUN** 10am Yarra Glen Hotel to Healesville Hotel **Saturday 5 September** 13.7km run and 5.2km run/walk Yarra Valley, Vic (Mel Ref 275)

TRAINING CALENDAR GEAR NUTRITION MOTIVATION HEALTH

How well do you know your coach?
Wednesday, 29 July 2009

Athlete Assessment research has found 61 per cent of coaches surveyed believe to get the best result from their athletes, the coach must focus on the runner as a whole person. Meaning effective communication and a strong relationship are vital to race-day success.

The study showed while skill, dedication and a great work ethic are essential in anyone seeking success, there is no single element more important than communication.

"No matter how much we might know as a coach, the information is only half the story. Communicating effectively – getting the message across – is the key to gaining the best from your athletes," says Olympic rower Bo Hanson, who headed the study.

Hanson believes not enough time is spent by coaches on understanding their athletes as individuals, in communication and in tailoring their coaching style to exactly what the athlete needs.

The study was designed to provide research that coaches can use and understand, and also highlight aspects - critical in sports performance – which are often overlooked. For more information visit [Athlete Assessments](#).

RUNNING BLOGS
Ask the Coach

PACEBAND CALCULATOR

This calculator uses one of your recent race times to reveal what pace you should run. [Click here](#)

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