ALYSHA FLYNN

I'm a 34 year old entrepreneur, multimedia content creator who also partners with running brands to support runners at every stage in their journey. I have a down to earth approach to beginner run coaching. When it comes to my presentation style, online and in real life, I lead with a behavioral and holistic perspective because reaching one's goals in running and life isn't linear. It takes a tremendous amount of self-discovery and empowerment from the right support system.

The 350+ women I currently coach around the globe stick around not just for running plans, but because of each other. What Runs You is a team and sisterhood.



WHAT RUNS YOU / COACH ALYSHA

DEMOGRAPHICS: 90.2.% FEMALE // 9.8% MALE

AVERAGE AGES: 25-44

SUBJECTS: BEGINNER RUNNING. RUNNING INSTRUCTION.

PRODUCT / GEAR RECOMMENDATIONS. RUNNING MOTIVATION.

MARATHON TRAINING. MOTHER RUNNER.

9+ MILLION MONTHLY VIDEO VIEWS

current 28 day TikTok average

BEYOND THE FEED

PENNSYLVANIA - BASED

RUNNING APP

KEYNOTE SPEAKING

GLOBAL RUNNING COACH
FOR BEGINNERS

CURRICULUM DESIGNER

PRINT MODELING

SERVICES

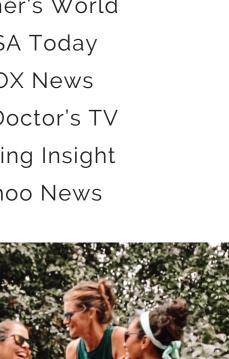
- PRODUCT LINK IN BIO / APP
- BRAND AMBASSADORSHIP
- SOCIAL MEDIA CAMPAIGNS FOR BRAND AWARENESS, PRODUCT LAUNCH, INCREASE SALES

CREDENTIALS

- BACHELORS IN HEALTH SCIENCES | ES, NTR, PSY
- MASTERS IN BUSINESS ADMINISTRATION, HEALTH/HEALTH CARE MGMT
- ROAD RUNNERS CLUB OF AMERICA CERTIFIED RUN COACH
- INTERNATIONAL SPORTS SCIENCES TRAINER
- MARATHON ATHLETE + IRONMAN 70.3
- FORMER BEHAVIORAL HEALTH EDUCATOR

FEATURED IN

Runner's World **USA Today FOX News** The Doctor's TV Running Insight Yahoo News





PARTNERSHIPS / **CAMPAIGNS**

ADIDAS

HUSTLE CLEAN

OS1st

PACERS RUNNING

RELIEVEIT GEL

SHOKZ

REI

MERRELL

UNDER ARMOUR

ALWAYS

GYMSHARK

HOKA

NJ MARATHON

DICK'S SPORTING

GOODS









2.4K



3.67K