

# 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

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Runner's World

USA Today

FOX News

The Doctor's TV

Running Insight

Yahoo News



## PARTNERSHIPS / CAMPAIGNS

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ADIDAS

HUSTLE CLEAN

OS1st

PACERS RUNNING

RELIEVEIT GEL

SHOKZ

REI

MERRELL

UNDER ARMOUR

ALWAYS

GYMSHARK

HOKA

NJ MARATHON

DICK'S SPORTING

GOODS



370.5K



28.6K



2.4K



3.67K