

Sandra Egloff

When I first contacted Uschi before summer 2008, I had run a couple of 5km races and one or two 10km races. I wanted to lose weight and run faster and further. A few months later, with her help, I ran a fantastic 15km race. However a few weeks after that I pulled a muscle in my calf and took a long break. In October 2008, after I hadn't run for over two months, I contacted Uschi again to say I had a place in the London Marathon in April 2009 and could she help me prepare for it. A big task for anyone, but as I work all day and 4 evenings a week, Uschi really had a difficult job trying to get me fit enough for a marathon. Between November and April I was struck down with viruses 3 times and was injured just about 8 weeks before the marathon. Uschi changed my training schedule so many times and really supported me when I thought I would have to give up. On the 26th April I ran the London Marathon (my first ever marathon) in 4:46 minutes. I was so proud of myself. Uschi took me from 5km to 42km in less than a year and I couldn't have done it without her.

