



jenny maier

building balanced runners

helping runners to perform better,
recover faster, and develop resilience

CUSTOM RUN COACHING | VIRTUAL CLASSES | COMMUNITY EVENTS



Hi, I'm Jenny!

I'M A COACH, TRAINER, AND RUNNER—
BUT MORE THAN THAT, I CREATE
SOLUTIONS FOR RUNNERS THAT ALLOW
THEM TO FEEL BETTER IN THEIR BODIES,
INCREASE THEIR PERFORMANCE,
RECOVER FASTER AND RUN HAPPIER.

I love my running community and my
highest priority is making sure that
training is sustainable and enjoyable—not
just another burden or stressor in your
already hectic life. I can't wait to bring my
diverse education and movement
background to help you succeed in
training on your own terms.

*"Jenny and I started working together in 2017...6+ years (!!) later
she is still coaching me to reach new goals and helping me
become a better, stronger all-around athlete." - Alicia B.*

AREAS OF EXPERTISE

- Nervous System Reset and Regulation
- Myofascial Release
- Foot Biomechanics
- Biomechanical Assessments
- Hip Function and Dysfunction
- Pilates, Barre, and Lagree
- Vinyasa, Power, and Restorative Yoga
- Injury modifications for vinyasa yoga
- Running shoe/gear selection
- Race selection
- Road to ultramarathon training

CERTIFICATIONS

- Certified RRCA Level 1 Running Coach
- VDOT Certified Running Coach
- Yoga Alliance eRYT500 – Jason Crandell Yoga Method (currently pursuing my second 500 hour certification through Yoga Medicine)
- Restorative Yoga Training (40 hrs: Janet Stone)
- Certified Personal Trainer, American Council on Exercise
- Certified Group Fitness Instructor, American Council on Exercise



PAST PARTNERS

- San Francisco Road Runners Club
- Transrockies Run
- Leadville Race Series
- GU Energy
- Mountain Hardwear
- Trail Sisters
- Elevate Strength and Conditioning
- Vail Resorts
- Arete Women's Running Club
- Kaari Prehab
- SF Run Club Race Series
- San Francisco Marathon
- Lake Sonoma Race Series
- Lululemon
- And countless other individuals and groups who now run resilient!

At SFRRRC, we aim to support our running community in multiple ways and our partnership with Jenny has been the perfect complement! - San Francisco Road Runners Club

FEATURED IN

- Ultrarunning Magazine
- Online Running Conference
- Mile 99 Podcast
- GingerRunner Podcast
- RunSpirited Blog

Are you ready to add value to your membership or bring balance to your workplace? let's work together to elevate what you're offering!

REACH OUT FOR GROUP OFFERINGS!

my offerings

While there are a variety of ways we can work together, I want you to know that no matter how we connect, I will always prioritize building a sustainable and balanced routine first. I work with individuals in a 1:1 capacity through run, strength, and mobility coaching, as well as with groups through event and corporate partnerships.



virtual group private

Athlete Lab classes brought straight to you and your running group, running club, racing team or workplace. Choose among Athlete Lab class offerings or customize a format for your group's needs. Discounts provided for regularly booked sessions. 30 or 55 minutes. \$50+

LET'S WORK TOGETHER

in person events

Athlete Lab classes in person! Choose among Athlete Lab class offerings or customize a format for your group or event's needs. Travel restrictions and charges apply. \$50+

REACH OUT TO ME



race support

Are you a race director looking to add value to your event? I provide race prep content, pre and post race sessions as well as other resources to support your event and make it stand out from the rest! Fees vary

ELEVATE YOUR EVENT