

Subject Line: How you can ACTUALLY run faster in 60 days.

There's a reason people can run triathlons in record-breaking times.

And no, it's not genetics, shoe type or luck.

These individuals have adapted very specific and powerful techniques into their running which has propelled them from sweating over 5 mile runs to running triathlons overnight.

We teach these secrets to serious runners with high ambitions.

*[Click here to begin YOUR journey from mediocrity to greatness](#)*