

**Position:** Trainer/Coach

Welcome to **Formula Running Center (FRC)**! FRC is a complete training experience for runners of all fitness levels. This runner and endurance athlete focused facility will combine performance enhancing training, recovery and educational services, all while simultaneously creating a community of runners that can train together and support one another along their personal fitness journeys. FRC will be open and welcoming to everyone who incorporates (or wants to incorporate) running and/or recovery services into their overall fitness lifestyle. In addition to group training classes and programs, FRC will encourage and emphasize the importance of recovery and education as part of a complete running and training experience.

We are seeking energetic, knowledgeable, personable, and motivating coaches that share in our passion for running to work closely with FRC clients to provide them with the ultimate FRC training experience. We strive to get to know each and every client to help them build their personalized “formula,” incorporating the training, recovery and educational elements necessary to meet their personal goals. In addition to offering group fitness classes that focus on the training needs for runners and endurance athletes, FRC will offer a wide range of recovery elements, such as yoga and foam rolling and stretching classes, cryotherapy, and compression sleeves.

Coaches must possess the knowledge, experience and passion to safely teach group fitness classes that focus on the needs of runners and other endurance athletes, coach clients to meet their personal fitness goals and inspire the runner in everyone. If you'd like to be a part of the FRC Team, please apply now!

**Please include a short cover letter with your application explaining your experience, describing your passion for running and why you would like to be a part of the FRC Team.**

**Essential Duties and Responsibilities:**

- Develop and lead up to 24 participants through 45, 60 or 90 min running based workouts that meet the FRC guidelines.
- Develop and lead up to 28 participants in run/workouts, which focus on overall body conditioning, but with a particular focus on exercises important for endurance athletes, that meet the FRC guidelines.
- Lead outdoor group runs that meet the FRC guidelines.
- Energize, motive and inspire clients throughout the training sessions and ensure that each client gets attention during a class and performs each exercise safely and correctly.
- Build FRC attendance and retain current clientele.
- Organize the training floor and keep it clean.
- Promote the FRC services and brand during onsite and offsite marketing and other promotional events and serve as a brand ambassador for FRC in the community.
- Develop training programs designed in accordance with FRC guidelines to be reviewed by the Head Running Coach each month.
- Perform client consultations and develop individualized training programs incorporating all aspects of the FRC service offerings (training, recovery and education) to assist clients with meeting their personalized goals.
- Provide variations and modifications to each exercise to accommodate client skill level, health concerns and/or injuries.

- Greet each new client enthusiastically, with a smile and by name (if possible), and introduce them to, and train them on, various equipment utilized in the class.
- Treat each client with respect, dignity, empathy and professionalism and address any client feedback in accordance with FRC guidelines.
- Uphold the FRC best-in-class customer service standards at all times with clients, potential clients and the general public.
- Stay abreast of service offerings and how such offerings address client specific needs.
- Attend all required corporate meetings, webinars or training sessions.
- Service FRC clients in accordance with the FRC mission and vision.

**Job Qualifications:**

- A passion for running (required).
- Strong understanding of physiology, exercise technique, body mechanics and injury prevention (required).
- Strong work ethic and ability to multi-task and stay organized while training up to 28 clients in one group training session (required).
- Positive attitude, strong interpersonal and customer service skills (required).
- Flexible schedule and ability to work weekends, holidays, mornings or night shifts (required).
- Reliability, punctuality and professionalism at all times (required).
- 3+ years of experience as a running coach or teaching group fitness classes (required).
- A fitness certification from an FRC approved personal training certification company, such as NASM, NSCA, ACSM, ACE, etc. (preferred).
- An RRCA or other running coach certification (preferred).
- Significant running experience (preferred).
- Nutrition training (preferred).
- Current CPR/AED certification which must be maintained throughout employment with FRC (required).

**Education:** High School or equivalent (required).

**Background Check:** Required.