

Tessa

49:58

Battersea Park 10K · 26 September 2026

After a missed PB attempt, Tessa ran a 49:58 10K on chip time.



THE GOAL AND STARTING POINT

Return to a 10K PB attempt after the previous attempt had not gone to plan. Tessa describes a ten-week block of training.

THE COACHING DECISION

A structured plan, feedback following each run and adjustments when life got in the way. In her testimonial, Tessa says the explanations helped her understand the method behind the plan.

RACE DAY

At Battersea Park on 26 September, Tessa ran 49:58 on chip time, reaching her sub-50 goal. She supplied the result screenshot on 13 October.

IN TESSA'S WORDS

"Sam was always encouraging and supporting whilst also providing such insightful information following each run that helped me understand the method behind the plan"

SOURCES: Client-supplied chip result and testimonial.

[Full story →](#)

[Race source →](#)

Individual results and experiences. Coaching starts with your own goal.