

# UP Coaching Social, Clubs, Groups etc

1. Instagram - <https://www.instagram.com/upcoaching/>

2. Twitter - @UPCoachingAU

## 3. STRAVA Club

You can join as many Strava Clubs as you like, not just one. By joining the UP Coaching Club, it is possible to follow our own feed.

<https://www.strava.com/clubs/UPCoaching>

**STRAVA** Dashboard Training Explore Challenges Shop

**UP Coaching** Edit Club

Woodford, New South Wales, Australia  
<http://www.upcoaching.com.au>

Athletes and friends of UP Coaching; past, present and future, are welcome to join as a friendly way to 'stalk' each other's training and racing, heap praise and kudos on each other and most importantly encourage and support! There is no such thing as fast or slow, big or small volumes...it's the effort and attitude that counts. Together we all achieve :-)

- Brendan Davies

## 4. parkrun Club

UP Coaching is a registered Club on parkrun. If you wish to link your parkrun account to UP Coaching, it then will link you into the summary results report I'm able to produce each week

<https://support.parkrun.com/hc/en-us/articles/200499677-I-need-to-update-my-running-club>

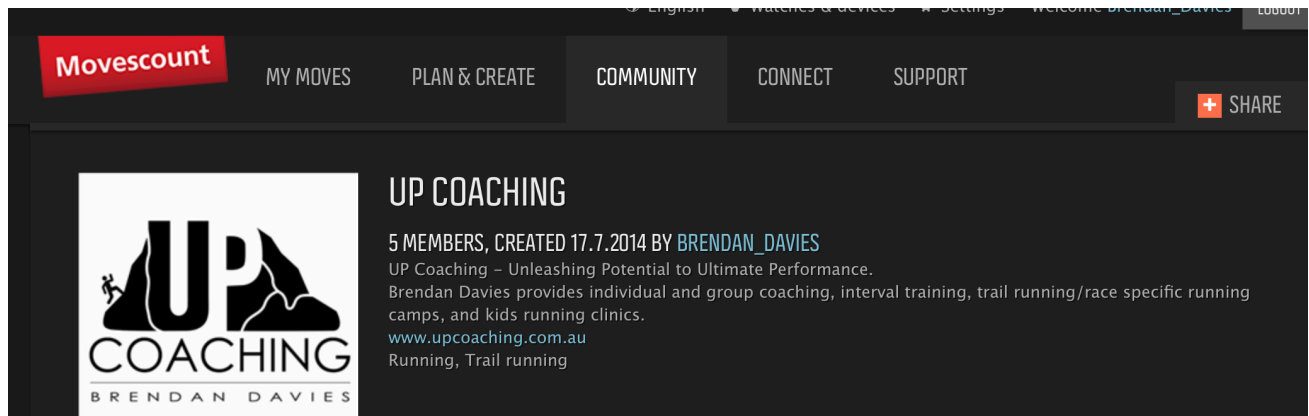
### The Ponds parkrun # 27 - 28/11/2015

Pos	parkrunner	Time	Age Cat	Age Grade	Gender	Pos	Club	Note	Total Runs
1	Darryl JOHNSON	17:54	VM35-39	75.14 %	M	1	UP Coaching	New PB!	18
2	Martin VU	18:04	SM25-29	71.49 %	M	2	Sydney Harbour Runners	New PB!	31
3	Unknown								
4	Ray MCCUE	19:10	VM45-49	75.13 %	M	4	UP Coaching	New PB!	26
5	Matt MODINI	19:19	SM25-29	66.78 %	M	5		First Timer!	1
6	Paul MANNING	19:22	VM45-49	75.56 %	M	6	UP Coaching	New PB!	20
7	Mark BENNETT	19:46	SM30-34	65.60 %	M	7		PB stays at 00:18:48	9
8	Michael MCGUINNESS	19:57	SM20-24	64.66 %	M	8	UP Coaching	New PB!	19

## 5. Suunto Movescount Group

UP Coaching is a Movescount group on Suunto. Again, it's just another way to filter and follow other members of the group.

[http://www.movescount.com/groups/group9003-UP\\_Coaching](http://www.movescount.com/groups/group9003-UP_Coaching)

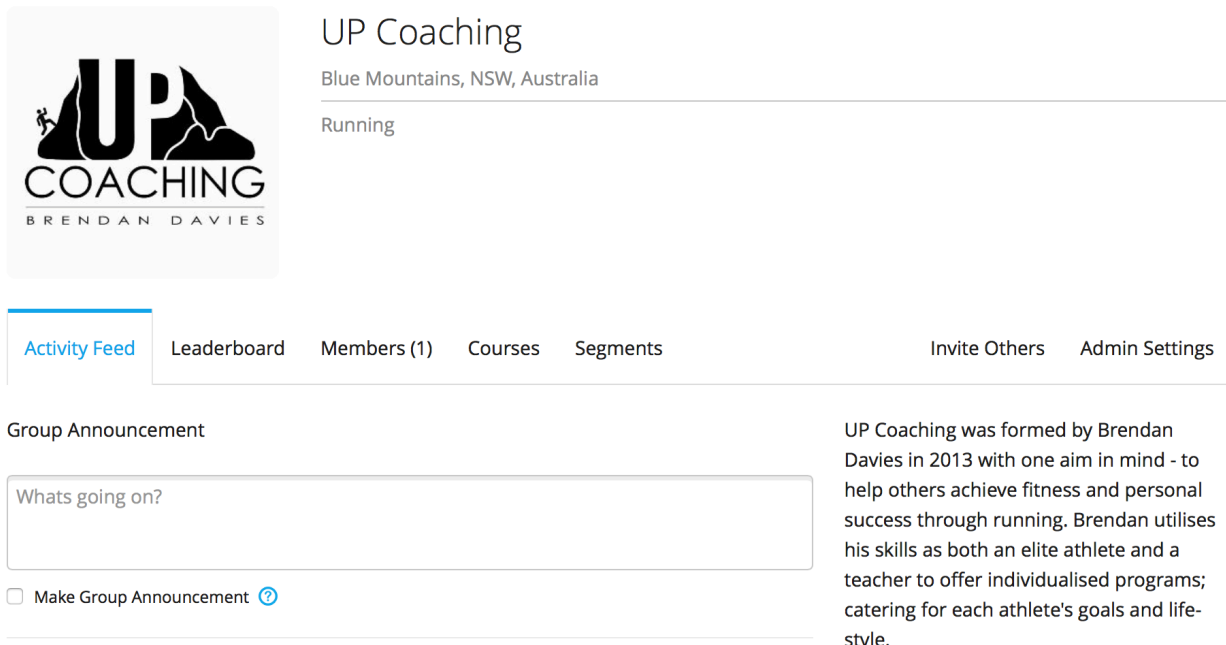


The screenshot shows the Movescount website interface. At the top, there is a navigation bar with the Movescount logo and menu items: MY MOVES, PLAN & CREATE, COMMUNITY, CONNECT, and SUPPORT. A red '+ SHARE' button is visible on the right. Below the navigation bar, the group profile for 'UP COACHING' is displayed. It features a logo with a mountain silhouette and the text 'UP COACHING BRENDAN DAVIES'. To the right of the logo, the text reads: '5 MEMBERS, CREATED 17.7.2014 BY BRENDAN\_DAVIES', 'UP Coaching - Unleashing Potential to Ultimate Performance.', 'Brendan Davies provides individual and group coaching, interval training, trail running/race specific running camps, and kids running clinics.', 'www.upcoaching.com.au', and 'Running, Trail running'.

## 6. Garmin Connect Group

Just like Movescount, but for Garmin 😊

<https://connect.garmin.com/modern/group/1660627>



The screenshot shows the Garmin Connect website interface for the 'UP Coaching' group. On the left is the group logo, which is identical to the one in the Movescount screenshot. To the right of the logo, the group name 'UP Coaching' is displayed, followed by the location 'Blue Mountains, NSW, Australia' and the activity 'Running'. Below this information is a navigation bar with tabs: 'Activity Feed' (selected), 'Leaderboard', 'Members (1)', 'Courses', and 'Segments'. On the right side of this bar are links for 'Invite Others' and 'Admin Settings'. Below the navigation bar, there is a 'Group Announcement' section. It contains a text input field with the placeholder text 'Whats going on?'. Below the input field is a checkbox labeled 'Make Group Announcement' with a help icon. To the right of the announcement section, there is a paragraph of text: 'UP Coaching was formed by Brendan Davies in 2013 with one aim in mind - to help others achieve fitness and personal success through running. Brendan utilises his skills as both an elite athlete and a teacher to offer individualised programs; catering for each athlete's goals and life-style.'

## 7. MapMyRun

For those that use MapMyRun, a bit outdated these days but it's here anyway

<http://www.mapmyrun.com/au/hazelbrook-new-south-wales/up-coaching-group-1292261#/activity>



**UP COACHING**  
BRENDAN DAVIES

**PREFERENCES**

**★ BOOKMARK**

**MANAGE GROUP**

### UP COACHING

Running Coaching and Squad Training with Brendan Davies <http://www.upcoaching.com.au/>

UP Coaching was formed by Brendan Davies in 2013 with one aim in mind - to help others achieve fitness and personal success through running. Brendan utilises his skills as both an elite athlete and a teacher to offer individualised programs; catering for each athlete's goals and lifestyle.

**1** Members

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**FACEBOOK:** <https://www.facebook.com/UPCoachingAU/>

**TWITTER:** <https://twitter.com/UPCoachingAU>