

Runner Spotlight: Coach Jeremy

By Luisa de Amaral

I contacted Jeremy in the summer of 2024 with all the enthusiasm of a cat being asked to take a bath. I knew I needed support to focus on my running, but my only previous brush with coaching was in high school, and let's just say that experience didn't make me eager for a sequel.

Jeremy was crystal clear about what he offered, emphasizing that his approach was person centred. That immediately got my attention, so I signed up. Once we got started. Jeremy asked me to download TP, the app he uses with his athletes, and when he saw my face say, 'Uh-oh... technology,' he patiently walked me through it like a saint.

Jeremy's curiosity about how to actually work with me stuck around. Instead of dropping some one-size-fits-all plan on my head, he chose to figure out who I was and what made me tick. Now, he still needed his precious data, but we made a deal: he'd interpret the numbers, and I'd focus on the vibes of running. Game-changing.

The more I got to know Jeremy, the more his responsiveness, process-over-perfection style, and very human sense of humour kept things moving forward. I'd tell him about the albino squirrel that stared into my soul, or the turtle and fox encounters that explained my unexpected pauses, and he would totally go there with me without losing the plot. We basically developed our own language of metaphors, and it made the whole experience ridiculously fun.

Between my travels and his monthly trips to visit family, Jeremy and I always found a way to stay connected. And on the days I took calls from some far-off time zone, awake before my brain had officially clocked in, he somehow kept us on track. He was so easy to talk to that I sometimes had to remind myself this wasn't therapy or else I'd start spilling way too many beans. Honestly, that might be the only 'caution': he's that good.

We found our own language: part metaphors, part running updates, part life commentary - surprisingly deep. He's incredibly responsive, super relatable, and genuinely authentic. He strikes this perfect balance of ease and focus, and he always meets you exactly where you are. If coaches keep showing up like this, AI's going to be out of a job.

Jeremy is eager to learn, consistently goes above and beyond, and can laugh at himself. And when I wandered off track - literally or metaphorically - talking about the roses, he'd gently bring in both the path and the journey. And don't even get me started on food - he was endlessly patient when we made a food-training plan and I promptly ignored it.

I could keep going, but honestly, you just have to experience Jeremy yourself.

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Today Jeremy is running a 100-mile race on an unmarked course, mostly at night. So basically, he's either going to emerge a hero... or as a legend lost to the wilderness. Hope we see him again!