



Ultra Running & Endurance Coach

Transforming you into the best athlete & human you can be.

LUKE TYBURSKI
is here to help you go

LONGER • HIGHER • FASTER

PREMIUM MONTHLY COACHING PACKAGE

- ✓ Tailor Made Sport Specific Training Plan
- ✓ Customised Strength Training Program
- ✓ Unlimited Program Adjustments
- ✓ Daily Session Analysis
- ✓ Free Training Peaks Premium Account
- ✓ Unlimited Text/Email
- ✓ Fortnightly Phone Call (or when needed)
- ✓ Monthly Nutrition Guidance



**BOOK YOUR
FREE CALL HERE**

"The journey with Luke to achieve my goals started out as a physical challenge, but also became a journey for me to grow as a person, and to live life to the fullest."

★★★★★

Stine, Ultra-Runner (Nepal)

"Luke prepared me well for the highs, lows, and many other emotional tides I would go up against while running 100 kilometres. I couldn't have achieved this goal without my London based running coach."

★★★★★

Paul, Ultra-Runner (Australia)

"If you have an exciting goal and are looking to be supported, challenged and learn a lot – I would highly recommend working with Luke."

★★★★★

Amy, Ultra-Runner (UK)

Email: LUKE@LUKETYBURSKI.COM

Website: WWW.LUKETYBURSKI.COM

Ultra Running & Endurance Coach



EDUCATION

- BSc Exercise Science
- Certificate 3 & 4 Strength & Conditioning Training

COACHING EXPERIENCE

- 20 Years Working 1 to 1 with Athletes all over the world

COACHED ATHLETES HAVE COMPLETED

- Multi-Stage Ultra-Marathons (including multiple MDS finishers)
 - 100 mile, 100 kilometre, 50 mile, 50 kilometre ultra-marathons, and marathons all over the world
 - Length of Country Runs
- Ironman & Double Iron Distance Triathlons
 - Multi-Day Triathlons
 - Mountain Climbing



ACCOMPLISHMENTS

- Countless Ultra-Marathons between 50k-260km, both single & multi-day events (including MDS)
- 2000km in 12 Day Ultimate Triathlon from Morocco to Monaco
 - Ran down Mt Everest
 - Double Ironman Triathlon
- Cross Continent Swimming
- Enduro Cycling Challenges
 - Mountain Climbing



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