

RUNNING. STRENGTH TRAINING. NUTRITION.

LEA GENDERS FITNESS

WWW.LEAGENDERSFITNESS.COM

WWW.RUNNINGWITHOLLIE.COM



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LEA@LEAGENDERSFITNESS.COM

FITNESS WRITER | BLOGGER

ABOUT THE AUTHOR

Lea is a certified personal trainer and running coach that specializes in strength training for runners. Her creative outlets are fueled by a passion for running, writing, and rock music. As a young girl, she wanted to grow up to be a writer or a rock star. She ended up as a blogger who married a drummer. Close enough. She offers training advice to help runners find their strength and tells the stories of her running adventures to include the people and gear that help her cross the finish line.

READERS

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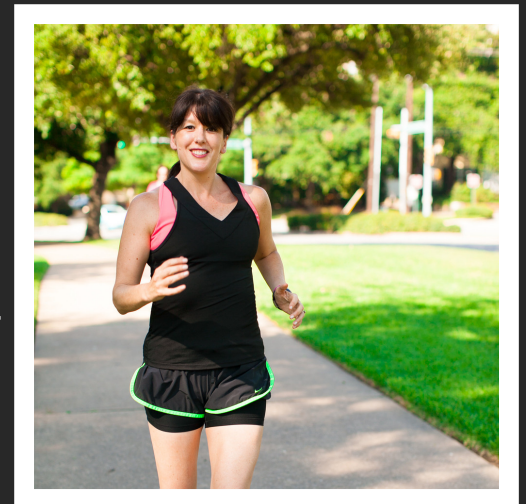
COLLABORATIONS & ADVERTISING

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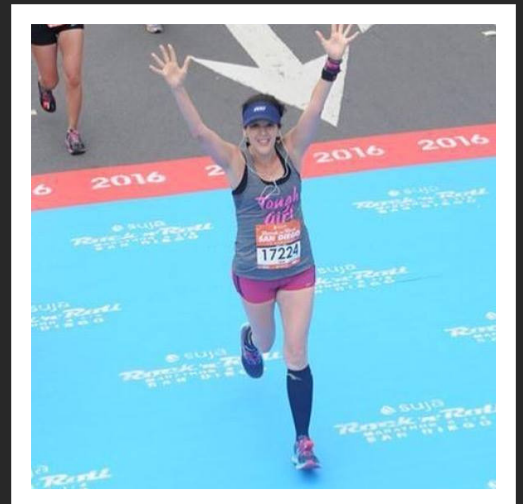
AMBASSADOR SHIPS

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2015-2017
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