

THE RUNNING NUTRITION HUB: NUTRITION SERVICES



**THE RUNNING
NUTRITION HUB
JAMES FLEMING**
PERFORMANCE NUTRITION

LIST OF CONTENTS

Check out what services and support I offer

01

ABOUT ME

03

EDUCATION

05

TESTIMONIAL

02

VISION

04

SERVICES

06

CONTACT

ABOUT THE RUNNING NUTRITION HUB

I founded the Running Nutrition Hub in 2023 with the aim of supporting runners of all levels and abilities with their nutrition. Nutrition is often considered a mindfield with so much information available that can be challenging to navigate. Therefore I designed the Running Nutrition Hub with the purpose of providing evidence based, easy to follow information to support runner performance as well as health and wellbeing.



www.jflemingnutrition.co.uk

James Fleming
Performance Nutritionist



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EDUCATION/ EXPERIENCE

I spent 4 years of further studying at university to learn about the importance of nutrition for performance. Over the past few years I have worked with numerous runners of all levels and distances from those starting out in their running journey to those who run on a regular basis.

www.jflemingnutrition.com



2010-2013

Bachelor of Science

Brunel University

Sport and Exercise Science



2013-2014

Master of Science

Loughborough University

Sport and Exercise Nutrition

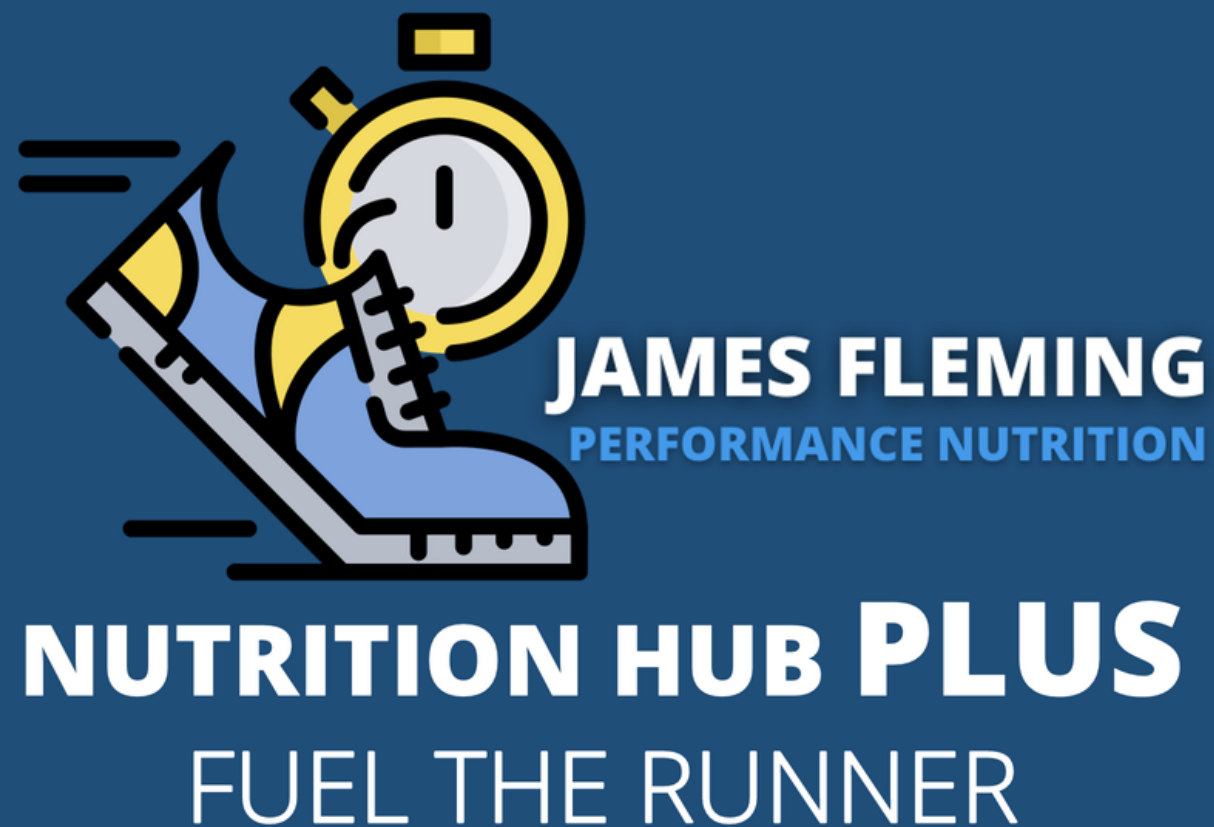
SERVICES

I offer a range of services to runners and running clubs looking to improve and develop their performance. More information is listed on the next few pages

www.jflemingnutrition.co.uk



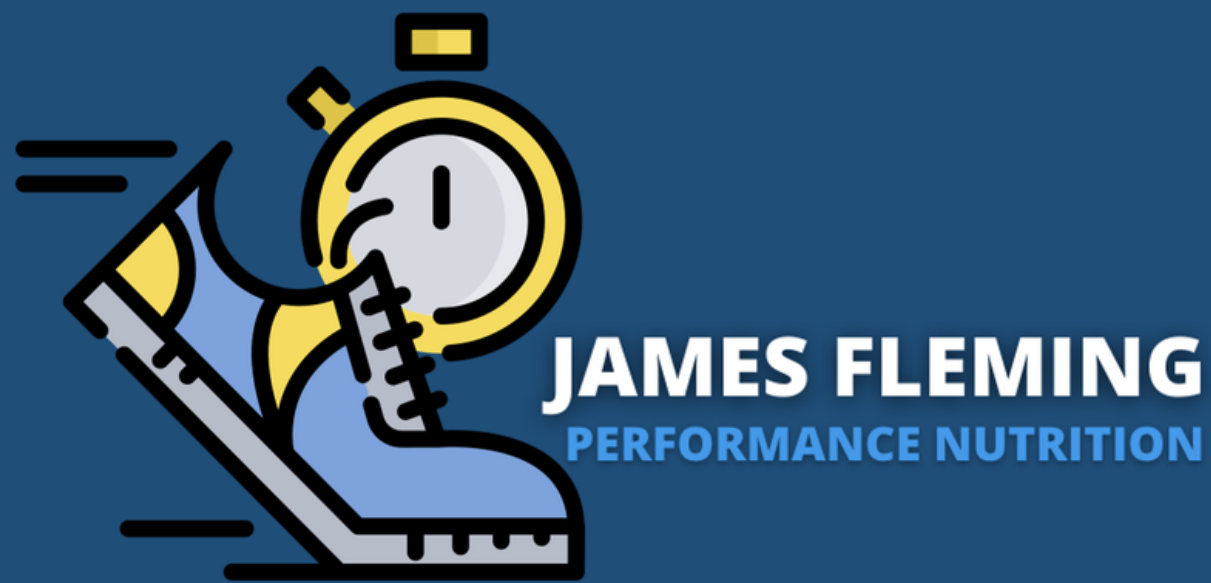
NUTRITION HUB PLUS: FUEL THE RUNNER



An online community created specifically for runners of any level and distance to learn more around the importance of nutrition for performance, training goals as well as overall health and wellbeing’.

[NUTRITION HUB PLUS:
FUEL THE RUNNER](#)

NUTRITION HUB PLUS: FUEL THE RUNNER



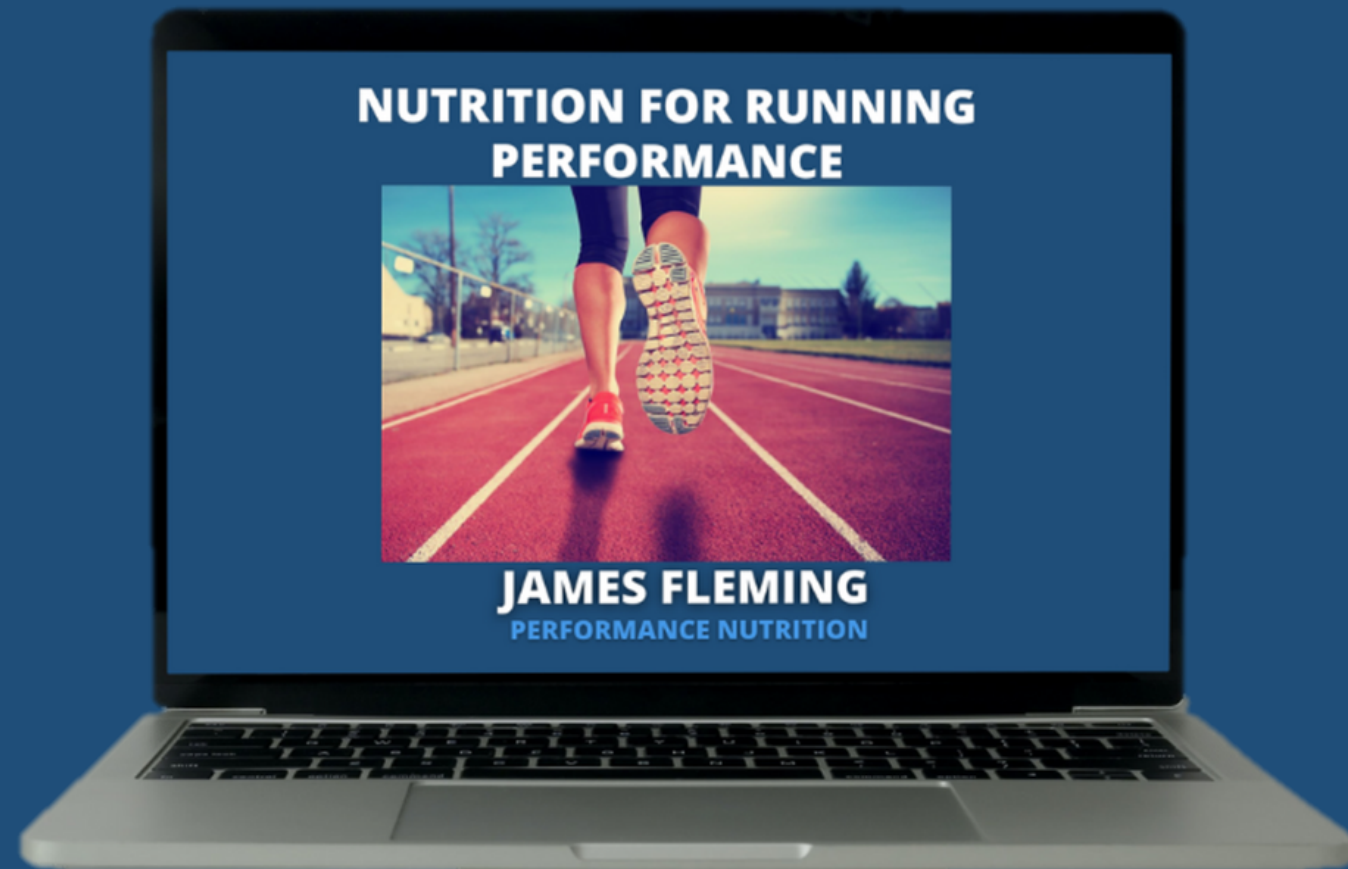
NUTRITION HUB PLUS
FUEL THE RUNNER

- Access to a nutrition hub full of infographics, blogs and additional resources to support the runner with new content added each week
- Access to a recipe hub with new content added each week
- Weekly check ins to monitor progress
- A monthly webinar and Q and A covering latest topics
- And so much more

[NUTRITION HUB PLUS:](#)
[FUEL THE RUNNER](#)

NUTRITION COURSES

RUNNING PERFORMANCE NUTRITION COURSE

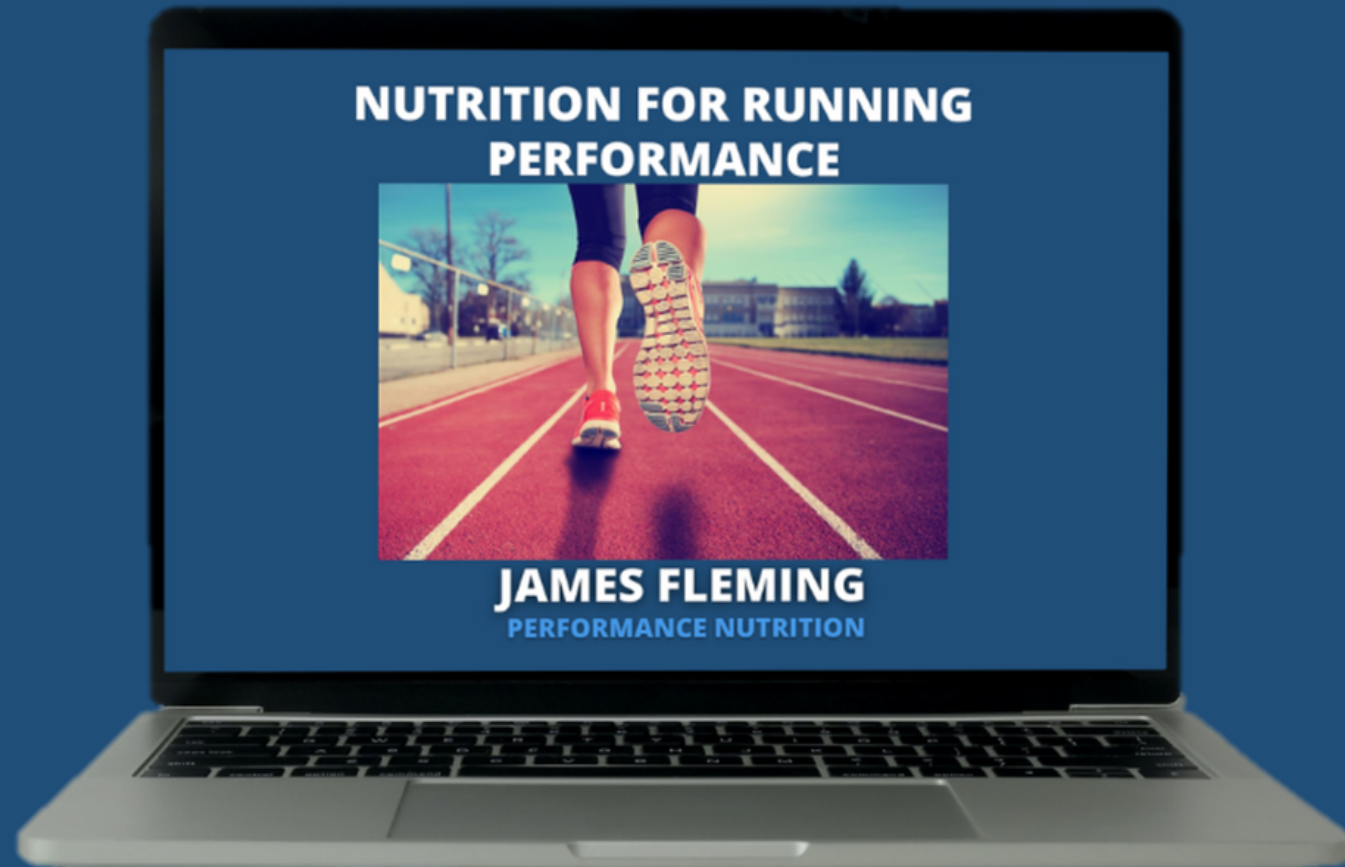


An online, education based course that is designed for any individual who wants to improve their nutrition in order to enhance their exercise performance, health and wellbeing plus so much more.

[Running
Performance
Course](#)

NUTRITION COURSES

RUNNING PERFORMANCE NUTRITION COURSE



By the end of this course, it will provide you with an in depth knowledge of how you can use nutrition in order:

- Fuel for competitions to help you perform at your best
- Recover effectively between training sessions to maximise training adaptations
- Hit your training goals such as lose weight or increase muscle mass
- Reduce your risk of injury and illness

[Running
Performance
Course](#)

1 TO 1 ATHLETE SUPPORT

I work with runners across a range of levels and age ranges to help them achieve their goals. Support includes:

- Nutrition for competition and training
- Maximising recovery after training and competition
- Support with body composition goals
- Support around supplements

Nutrition sessions and consultations are available as and when required or as part of a monthly support programme (more information on the following pages).



TESTIMONIALS



EMMA, MARATHON RUNNER

“When I first started training for a marathon, I really didn’t understand how important my nutrition was going to be. I thought, maybe I might need to eat a bit more and that was it!

James has literally taught me everything I need to know. The information is fantastic. The detail he provides shows you everything you need to think about. I highly recommend

that anyone who is taking on a running challenge should take a look at this. If the base of your nutrition is not there, you are setting yourself up to fail straight away! I love the way James has made me look at my daily nutrition and has made me make changes already! I now plan what I am going to eat and when I am going to eat, I make sure it fits around my home life and my training plan.”

TESTIMONIALS



CHRIS, Runner

“James’s educational led approach has changed my way I think about nutrition when training for an event but also in everyday life. It would be all to easy for someone to write a nutritional plan and ask you to stick to it....James’s approach is different. He encourages you to be part of the nutritional planning process and listens to any allergy / special dietary requirements you may have and offers guidance accordingly. I can’t thank James enough for his continued support to help me achieve my goals in running my first marathon and competing an Olympic distance triathlon just two weeks after”

CONTACT ME

To find out more about how I can help with your nutrition, use the following links



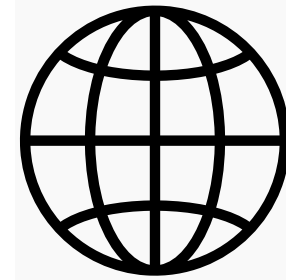
SOCIAL MEDIA



Facebook: RunningNutritionHub

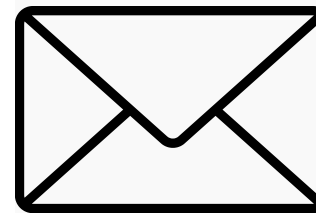


Instagram: RunningNutritionHub



WEBSITE

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