

Sam Seow

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PROFILE

Gender Male

Marital Status Married

Age 41

Weight 66 kg **Height** 178 cm

Nationality Malaysian

Job title: Co Founder & CEO RUN FAST ACADEMY

Certification

Pose Method Level 2 (Training in Distance Running)

Pose Method Level 1 (Running Technique Specialist)

Certified mental toughness coach

Certified mental toughness facilitator

IAAF level 1 U16 Track and Field

Garmin Sports Coach (GS Training the trainer for Asia)

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• E-MAIL sam_qqs@hotmail.com

Vdot 02 Distance Running Coach (Daniel's Running Formula)

Running Quotient virtual coach

Revolution running certified (Conditioning Coach)

Sports Science Course - Level 1 (AKK ISN)

Sports Science Course - Level 2 (AKK ISN)

Certified Fitness Instructor (FIT)

Functional Tools Coach (FIT)

Certified Group Personal training (T3)

FIT (Fit Malaysia) CPT

CPR (Basic Life Support)

Others

Head Coach and Co-Founder Run Fast Academy

Running Technique Coach at Team M3X by Triathlon Tri-AMateur Club

Coach for Hoka Run Club – 2016

Mizuno Coach for Mizuno Run Club - 2017

Head Coach for Garmin Sports Marathon camp – 2017, 2018 , 2019

Garmin Sports Coach trainer for Malaysia / Singapore / Thailand 2018

Garmin Train the trainer coach certified program for Malaysia 2020-2021 (5 countries in Asia Garmin Run Club Coach)

Head Coach for Hoka Run Club – 2020

Head Coach for Saucony Run Club – 2020

Head Coach for Under armour Run Club – 2021

Kuala Lumpur Standard Chartered Marathon (KLSCM)2021 Head coaches

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Instagram https://instagram.com/sam_posemethod.my

Pose Method FB <https://www.facebook.com/PoseMethod.My/>

Run Fast Academy <https://www.facebook.com/runfastacademy/>

RFA web link: <https://runfastacademy.com/>

Results oriented and aggressive with high personal goals

Tenacity and persistence