

SPEAKER · MEDIA KIT

# Matty Abel

Running Coach · Endurance Athlete · Speaker

"The overlap between how elite runners train and how high performers operate."

Matty Abel is the founder of Matty Abel Running Academy and a former Head Coach at Nike Run Club. He has raced at the sharp end for over a decade across road, trail and ultra, including back-to-back sub-3 marathons in a single week (2:53 in Paris, 2:56 in Boston) and representing Australia at the Sky Running World Championships. He is co-founder and President of Vipers Run Club, and has coached everyone from first-time marathoners to a 2:21 athlete, and Nedd Brockmann across the country. His talks turn elite endurance science into practical performance lessons for any audience.

## Signature talks

### The Endurance Mindset

Periodisation, consistency over willpower, and the habits that actually last. What elite training teaches about sustainable high performance.

### Beyond the Run

How running drives executive performance: energy, focus, stress regulation, sleep and longevity. Running as a tool, not just a hobby.

### Building a Running Culture

How organisations build run programs and communities that people keep coming back to, with the structure that makes them stick.

### FORMATS

Keynote · Fireside · Workshop · Panel · Brand appearance

### AUDIENCES

Conferences · Corporate teams · Leadership groups · Brands · Communities

### WHY MATTY

- Elite credibility: back-to-back sub-3 marathons and a Sky Running World Championships representative.
- Real depth: former Nike Run Club Head Coach who coaches first-timers through to a 2:21 athlete.
- Evidence-based and tailored to your audience, never a generic motivational talk.

### WORKED WITH & FEATURED

Nike · Loan Market Growth Summit (keynote) · Rushcutters Bay Health · Fitness First · Northcliffe SLSC · Technogym RUN X

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