

Alpasfit Tribe

BECOMING THE BEST YOU CAN BE #LETSGO



How do I become part of the tribe?

1

US

You've heard about Alpasfit

2

YOU

We want to know you better. Please fill in our Google Form : <https://forms.gle/>

3

WHAT WE OFFER

Receive a follow up mail with our package options & prices

4

CONNECT

Link to our training platform

5

COMMIT

Start your personalized journey to becoming your best.

6

FUTURE

Achieve your goals, enjoy the process, become your best.



Strength Training

Strength training - Stronger runners = less injuries & better performance!



Recovery

Learn to recover like a pro, plan your taper and have fresh legs for race day.



Training Peaks

This platform allows us to monitor your training load.

You deserve the opportunity to become your best.

We want to give YOU the opportunity to become the trail runner everyone wants to be.

- I struggle with recurring injuries
- I'm not motivated to train
- I'm not consistent with my training
- I feel I lack the skills and knowledge to guide my training
- I don't know how to achieve my goals

If you nodded your head to any of these points, then Alpasfit is for you. We want to help.

Join the Alpasfit Tribe

This process is customized to your lifestyle and goals, taking into account your background and abilities. Our coaching is based on our qualifications as well as our experiences.



We understand what it's like to be demotivated, uncertain, injured and frustrated.

- We've been there and have the experience to help overcome your situation
- Family commitments and other focuses need not be sidelined.
- We have a 10 year career and experience in trail running.
- We've conquered various injuries
- Achievements such as winning races like Otter, UTCT, and SkyRun allow us to know what it takes to get you race ready.

Contact us : letsgo@alpasfit.com for more info.

MEET THE TEAM

What happens when an accountant, an engineer and a sports scientist walk into a bar? Nothing - you won't find us in a bar - we are probably somewhere out in nature, exploring one or other trail. Or in our office at the beautiful Rustenberg wine farm working on your training plans

Christiaan & Landie are trail runners at heart and outdoor enthusiasts. With in field experience and numerous accolades, they have grown Alpasfit as a business to share their passion for trail running with others and to help them achieve their goals. The Greylings find the balance between family, their faith, training and business. They lead a life of adventure.

Emily Robertson is our newest addition to the Alpasfit Team. She is a BSc Sports Scientist who is passionate about people, being outdoors and hitting the trails.

