

Meet the Coach

Timothy Lyman is a health and wellness professional specializing in program development and management. He is a sub-elite distance runner, USATF coach and ACE-certified personal trainer. With over a decade of experience in the field, his education and interests range from holistic practices and sports psychology to nutrition, behavior change and exercise physiology. He has coached recreational and competitive runners, in addition to men's and women's cross-country teams at the collegiate and high school levels. His training focuses on running efficiency/economy, strength-training/injury-prevention and functional/integrative fitness. He has been featured in [Elite Daily](#), [NBC News](#), [Insider](#), [Shape](#) and [PopSugar](#).

"A healthy lifestyle must embrace mind, body and spirit. As a coach and student of the discipline, I strive to cultivate a mindset of growth and nurture a process of self-efficacy. The lessons running teaches us are applicable in all aspects of life, and I take great joy in creating environments that are positive, productive and process-oriented."

Tim can be reached at training@fleetfeetpittsburgh.com.