

Sophia Lai

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Summary

Seasoned and accomplished running and triathlon coach with a history of helping students to realize their greatest potential. Adept in helping runners to consciously improve their forms, and utilize powerful running techniques to maximize speed and endurance while minimizing the risk of injury. As a top-ranked distance runner, coach and working professional in Hong Kong, I am bringing forth an in-depth understanding of balancing a busy work and family schedule while achieving continuous improvement in running.

Professional Experience

Kai Tak Sports Initiative Running Coach, Hong Kong.

2023 to Present

- Design programs for runners to ensure their continuous improvement
- Coach runners about proper form and performance enhancing techniques
- 85% of students setting personal bests within one year
- 0% of students was sidelined by injuries caused by running for over a month

Private Running and Triathlon Coach, Hong Kong.

2014 to Present

- Provide one-on-one and small group training and feedback sessions
- Design individualized programs for each student to address their strengths and weakness. The programs also incorporate their work, travel, life and running race schedule
- Coach runners about proper form and performance enhancing techniques
- Encourage two-way communications. Students can reach me outside of the class time to adjust the training program due to schedule changes if necessary.
- Students include working professionals such as board member of Tung Wah Group of Hospitals, Hong Kong Forbes 50 to teenagers who qualified for the Hong Kong National Triathlon team member and podiumed at Interscholar competitions

Sports Achievement Highlights

- Overall Female 1st Runner-up, Standard Chartered Marathon 10K Singapore
- Overall Female 2nd Runner-up, Standard Chartered Marathon 10K Hong Kong
- Overall Female Champion, Asia Triathlon Cup Hong Kong Sprint Distance
- Age Group Champion, Nagoya Marathon Japan
- Ranked Top 10 in the 10K, 15K, and marathon distances in Hong Kong
- 15+ times Overall Female Champion at Hong Kong Triathlon Association triathlon and aquathlon races
- Trained with the Hong Kong Triathlon National Team at Hong Kong Sports Institute
- Top 10 cross country runner in the ESL Sports League in USA

Qualification

- USATF Level 1 Track and Field Coach
- Hong Kong Triathlon Association Level 1 Coach
- St John's CPR and AED Certified

Education

Cornell University, College of Engineering, Ithaca, NY, USA.

Bachelor of Science in Engineering. Trained under Robert Johnson, who is the founder of the letsrun.com website