



COACH SPOTLIGHT

MATT JOYCE

TRAINS CAN TOOERS AT: Macquarie Uni Pod

DAY JOB: State Teams and Events Manager – Athletics NSW

LIVES: Macquarie Park

AGE: 29

WHY RUNNING?

- Physical benefits: improved cardiovascular fitness, lower heart rate plus strong and healthy appearance.
- Mental benefits: improved self-confidence, decreased stress and anxiety and ability to deal with challenges in life.
- Social benefits: meeting amazing people who have become lifelong friends.

WHY CAN TOO?

- It's fun, friendly and feels like one big family!
- Fundraising for a great cause
- Love the colour orange
- Seeing people achieve the impossible
- Infectious spirit and camaraderie of the Mighty Mac Pod – best pod of them all.

FAVOURITE CAN TOO MOMENT: Watching anyone complete and accomplish running a half marathon for the first time is very special. Seeing massive improvements in individuals is also so awesome to see from program to program. I had one runner complete her first half marathon in September 2017 in a time of 2.30 – eight months later she completed her second half in May 2018 in a time of 2.11, a massive 19-minute improvement in just eight months.

I'M LISTENING TO: Beyoncé, Bruno Mars and James Morrison.

FAVOURITE FILM: *Without Limits* which follows the relationship between record-breaking distance runner Steve Prefontaine and his coach Bill Bowerman.

WHAT I EAT PRE-RACE: watermelon and a muesli bar.

GO TO MEAL POST-RACE: chocolate milk and stir fry chicken with veggies and rice.

TALENT I WISH I HAD: to fly

PERFECT WEEKEND: Can Too training on Saturday morning then compete in a fun run in the afternoon. A long run Sunday morning and that evening spending time with friends/family and having a good feed mixed with a game of backyard cricket and Uno.

MY LATEST TRAVEL ADVENTURE: check out Matt's trip to Iten, Kenya on Can Too's news blog: www.cantoo.org.au/blog/i-can-too-run-with-kenyans