

how do you fire or redirect a personal...



Tri_baby 7 posts since

Oct 18, 2008

I have been paying a personal trainer (about \$60/week), since September. At first, things were great, but she had few clients. I told her I wanted to learn to run, and eventually complete a marathon without walking. She WAS great, pushing me and finding ways to build my legs, she emailed me training schedules for the days I didn't train with her (hill workouts, pace runs, temp runs, bike rides etc). I told her when I started that I wanted something different, something I couldn't do myself (ie don't stand there and talk to me why I run on a treadmill). We never did the same routine and my progress blossomed (couldn't run .25 mile, to a 1 hr 10k in less than 4 months). First the emails that came the night before or at 5 am (since I workout early), would come at 7, 8 or 9 am (2 hours after I finished my workout). Then, they stopped altogether, sometime in December. In January, I reminded her I had registered for a half in March. She went on 3 training runs with me. On one she ran about 300 feet in front of me and yelled like a drill sargent the entire 9.5 miles. I finished in 1:44:19 and she was furious I didn't do it in less than 1:30:00. The route had very steep hills, I had a hip problem and I'd only started running 4 months prior. The next training run, she rode her bike, lied to me about my speed, yelling at me to go faster, then left me cause she was cold. I should mention, she ALWAYS cancels when the weather is below 40 degrees and I am paying (seperately) for a gym membership where she works, I'm pretty sure they have HEAT. I haven't used the gym in over 2 months. All I've been doing is running, mostly by myself. She was supposed to create a training schedule for my half in January. Finally, I got pushy and got one 2 1/2 weeks before my big day. She called me Friday and said she was coming to my half to pace me, then later, she called back to tell me the race officials wouldn't let her pace me, she had to register. She ask me to register her when I picked up my packet. The waiting list for the sold out race was nearly 300 people, so I couldn't get her a spot. I called her to tell her this, she never returned my call, didn't show for the race, and didn't call to ask how I did. BTW I finished in 2-1/2 hours, with 2 potty stops, 35 degree weather and a 30 knot wind. This is the second time she hasn't showed for a race or asked how I did. I can't tell you how relieved I was she didn't show. I've ran a 5k with her, she ran backwards and yelled at me the whole time. Her slow pace is 8 min miles. My fast pace is 9:45 miles. I've prepaid for about 20 more sessions, but I don't want to just run and have someone yell at me. I want what I paid for, training with variety.

I've tried a subtle diplomatic approach, I got treated like I didn't care about my training. PLEASE HELP, I NEED ADVICE!!!! I will not quit running, but it stinks I am locked into a gym membership I can use, for fear she'll be there and say something about me trying to

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do my own training. Although, I did most of my half training by waking up and saying, what should I do today?.....I hate that!

Tags: trainer, advice



[Active Toby](#) 1,540 posts since

Jun 5, 2007 1. **Re: how do you fire or redirect a personal trainer** Mar 9, 2009 1:33 PM

This sounds like a horrible situation that you need to remedy sooner than later. I don't think you're getting your money's worth, plain and simple. I'd think about either a new trainer or no trainer at all. What are your fitness goals (inc. running)?



[RunDaddyRunx4](#) 1,011 posts since

May 12, 2008 2. **Re: how do you fire or redirect a personal trainer** Mar 9, 2009 1:48 PM

I suggest to fire her, buy a Garmin running watch and use this active.com site for free advise. There are a lot of talented people on this site that will help you set up your workouts and give you FREE advise.



[lenzlaw](#) 7,024 posts since

Jan 18, 2008 3. **Re: how do you fire or redirect a personal trainer** Mar 9, 2009 6:12 PM

Are you on a long term contract with the gym? Have you considered complaining to the gym management? If she's that bad, if she treats all her clients that way, you would think her co-workers are aware of it.

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Len



[Tri_baby](#) 7 posts since

Oct 18, 2008 4. Re: **how do you fire or redirect a personal trainer** Mar 10, 2009 5:47 AM

👤 in response to: [lenzlaw](#)

I have a contract with the gym that expires in Sept (signed a 1 year). I haven't seen or talked to her in over a week. BTW, she asked about my 1/2 two days after. That is the last time I talked to her. I told her I was busy with work, which is true, and I would call her after my certification seminar. When I return to training with her (still running on my own) after my trip, I intend to talk to her. I was thinking about making a list of my "new goals", like strength training and redirecting her energies and knowledge. I'm going to tell her I will continue running, but want her to focus on all around training. I'm hoping this redirects her to what I loved about my time with her in the beginning, as this was more what we were doing. If not, she is fired and I'm going to have to say it that way.



[HardCoreTrainer](#) 587 posts since

Jan 7, 2009 5. Re: **how do you fire or redirect a personal trainer** Mar 10, 2009 9:57 AM

👤 in response to: [Tri_baby](#)

If you are willing to give your trainer another chance, definitely be firm about **your** goals and what you expect from the trainer. If you are not satisfied within a week, definitely fire her. You should expect a refund for unused sessions and sessions that the trainer missed. If there is any further problem, consider going to the body that issued her certification, most have strict ethics and standards of performance.



[Susan Hilal](#) 6 posts since

Oct 7, 2007 6. Re: **how do you fire or redirect a personal trainer** Mar 11, 2009 7:45 PM

👤 in response to: [HardCoreTrainer](#)

I would ask for a refund for the 20 sessions you pre-paid and just tell her its not working out anymore. At the price you are paying and in this economy, every minute should be worth it, you are the customer.. its not about being nice or hurting someone's feelings, you are buying a product. If you bought a TV that only worked in the beginning and then a few times here and there, you would take it back, I see it the same way. It sounds like you are quite

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talented.. hats off to you that is pretty amazing what you accomplisied in 4 months. THat is something to be really proud of..