Performance Report for:

http://jmcoaching.co.uk/

Report generated: Tue, Mar 5, 2024 10:18 AM -0800
Test Server Location: 🇬🇧 London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

E	Performance **33%**	Structure **81%**	L. Contentful Paint **3.9s**	T. Blocking Time **1.1s**	C. Layout Shift **0.05**

Top Issues

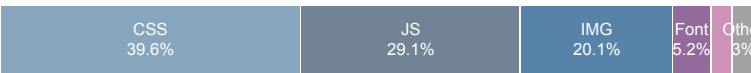| High	Avoid enormous network payloads LCP	Total size was 5.30MB
Med	Avoid long main-thread tasks TBT	16 long tasks found
Med-Low	Avoid multiple page redirects FCP LCP	Potential savings of 1.4s
Med-Low	Avoid an excessive DOM size TBT	1,176 elements
Low	Allow back/forward cache restoration	1 failure reason

Page Details

5.3s
Fully Loaded Time

Total Page Size - 5.29MB

IMG 3.91MB	JS 876KB	Font 239K	CSS 223K

Total Page Requests - 134

CSS 39.6%	JS 29.1%	IMG 20.1%	Font 5.2%	Other 3%

HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**
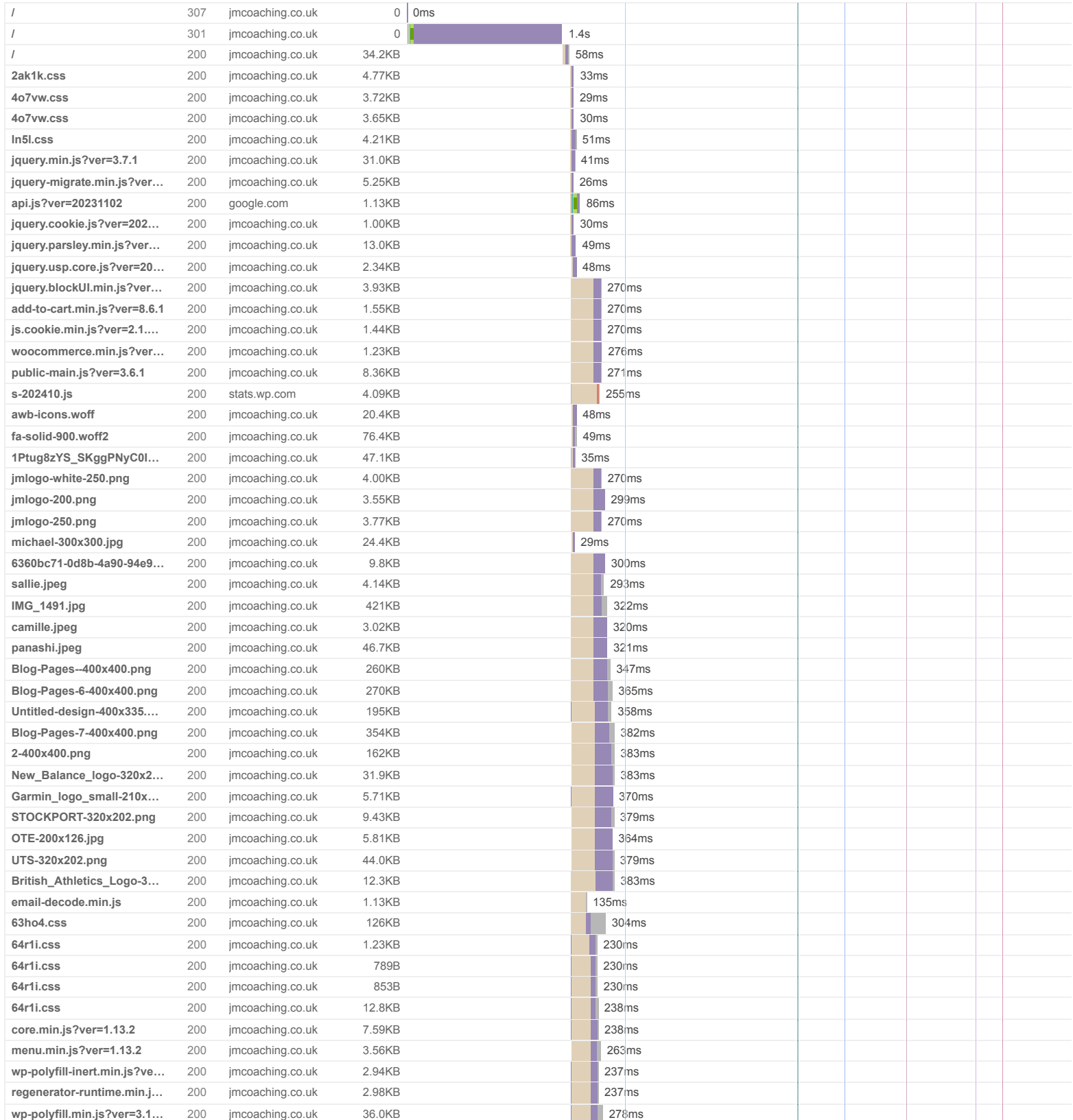
About GTmetrix

CARBON 60
THE MANAGED CLOUD COMPANY

GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.
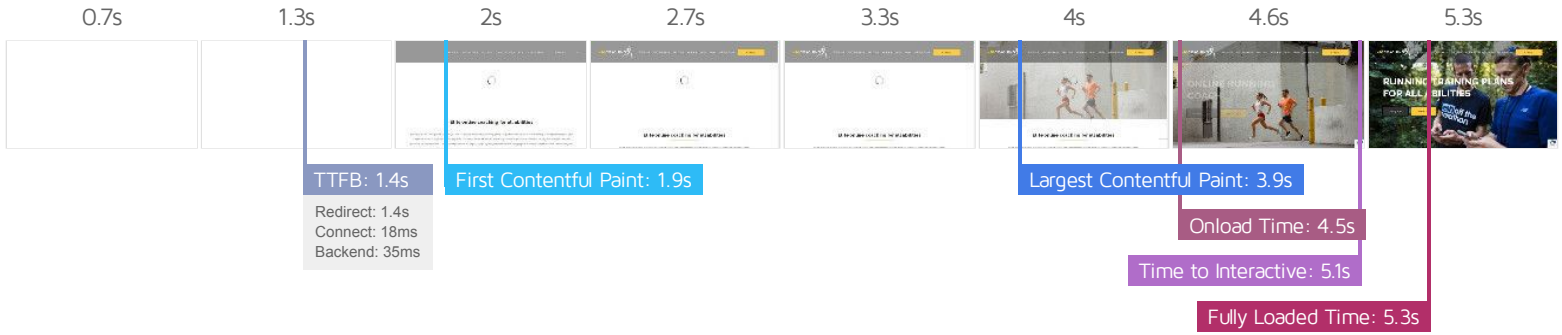
https://carbon60.com/

The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Online Running Coach from International athlete Jonny Mellor

Resource	Status	Host	Size	Time
/	307	jmcoaching.co.uk	0	0ms
/	301	jmcoaching.co.uk	0	1.4s
/	200	jmcoaching.co.uk	34.2KB	58ms
2ak1k.css	200	jmcoaching.co.uk	4.77KB	33ms
4o7vw.css	200	jmcoaching.co.uk	3.72KB	29ms
4o7vw.css	200	jmcoaching.co.uk	3.65KB	30ms
ln5l.css	200	jmcoaching.co.uk	4.21KB	51ms
jquery.min.js?ver=3.7.1	200	jmcoaching.co.uk	31.0KB	41ms
jquery-migrate.min.js?ver...	200	jmcoaching.co.uk	5.25KB	26ms
api.js?ver=20231102	200	google.com	1.13KB	86ms
jquery.cookie.js?ver=202...	200	jmcoaching.co.uk	1.00KB	30ms
jquery.parsley.min.js?ver...	200	jmcoaching.co.uk	13.0KB	49ms
jquery.usp.core.js?ver=20...	200	jmcoaching.co.uk	2.34KB	48ms
jquery.blockUI.min.js?ver...	200	jmcoaching.co.uk	3.93KB	270ms
add-to-cart.min.js?ver=8.6.1	200	jmcoaching.co.uk	1.55KB	270ms
js.cookie.min.js?ver=2.1....	200	jmcoaching.co.uk	1.44KB	270ms
woocommerce.min.js?ver...	200	jmcoaching.co.uk	1.23KB	276ms
public-main.js?ver=3.6.1	200	jmcoaching.co.uk	8.36KB	271ms
s-202410.js	200	stats.wp.com	4.09KB	255ms
awb-icons.woff	200	jmcoaching.co.uk	20.4KB	48ms
fa-solid-900.woff2	200	jmcoaching.co.uk	76.4KB	49ms
1Ptug8zYS_SKggPNyC0I...	200	jmcoaching.co.uk	47.1KB	35ms
jmlogo-white-250.png	200	jmcoaching.co.uk	4.00KB	270ms
jmlogo-200.png	200	jmcoaching.co.uk	3.55KB	299ms
jmlogo-250.png	200	jmcoaching.co.uk	3.77KB	270ms
michael-300x300.jpg	200	jmcoaching.co.uk	24.4KB	29ms
6360bc71-0d8b-4a90-94e9...	200	jmcoaching.co.uk	9.8KB	300ms
sallie.jpeg	200	jmcoaching.co.uk	4.14KB	293ms
IMG_1491.jpg	200	jmcoaching.co.uk	421KB	322ms
camille.jpeg	200	jmcoaching.co.uk	3.02KB	320ms
panashi.jpeg	200	jmcoaching.co.uk	46.7KB	321ms
Blog-Pages--400x400.png	200	jmcoaching.co.uk	260KB	347ms
Blog-Pages-6-400x400.png	200	jmcoaching.co.uk	270KB	365ms
Untitled-design-400x335....	200	jmcoaching.co.uk	195KB	358ms
Blog-Pages-7-400x400.png	200	jmcoaching.co.uk	354KB	382ms
2-400x400.png	200	jmcoaching.co.uk	162KB	383ms
New_Balance_logo-320x2...	200	jmcoaching.co.uk	31.9KB	383ms
Garmin_logo_small-210x...	200	jmcoaching.co.uk	5.71KB	370ms
STOCKPORT-320x202.png	200	jmcoaching.co.uk	9.43KB	379ms
OTE-200x126.jpg	200	jmcoaching.co.uk	5.81KB	364ms
UTS-320x202.png	200	jmcoaching.co.uk	44.0KB	379ms
British_Athletics_Logo-3...	200	jmcoaching.co.uk	12.3KB	383ms
email-decode.min.js	200	jmcoaching.co.uk	1.13KB	135ms
63ho4.css	200	jmcoaching.co.uk	126KB	304ms
64r1i.css	200	jmcoaching.co.uk	1.23KB	230ms
64r1i.css	200	jmcoaching.co.uk	789B	230ms
64r1i.css	200	jmcoaching.co.uk	853B	230ms
64r1i.css	200	jmcoaching.co.uk	12.8KB	238ms
core.min.js?ver=1.13.2	200	jmcoaching.co.uk	7.59KB	238ms
menu.min.js?ver=1.13.2	200	jmcoaching.co.uk	3.56KB	263ms
wp-polyfill-inert.min.js?ve...	200	jmcoaching.co.uk	2.94KB	237ms
regenerator-runtime.min.j...	200	jmcoaching.co.uk	2.98KB	237ms
wp-polyfill.min.js?ver=3.1...	200	jmcoaching.co.uk	36.0KB	278ms

dom-ready.min.js?ver=39...	200	jmcoaching.co.uk	811B		249ms	
hooks.min.js?ver=c6aec9...	200	jmcoaching.co.uk	2.03KB		249ms	
i18n.min.js?ver=7701b0c...	200	jmcoaching.co.uk	4.14KB		249ms	
a11y.min.js?ver=7032343...	200	jmcoaching.co.uk	1.35KB		250ms	
autocomplete.min.js?ver...	200	jmcoaching.co.uk	3.37KB		250ms	
index.js?ver=5.8.7	200	jmcoaching.co.uk	3.66KB		262ms	
index.js?ver=5.8.7	200	jmcoaching.co.uk	4.60KB		270ms	
sourcebuster.min.js?ver=...	200	jmcoaching.co.uk	5.07KB		270ms	
order-attribution.min.js?v...	200	jmcoaching.co.uk	1.24KB		262ms	
wpsm-script.js?ver=1.0.1	200	jmcoaching.co.uk	667B		263ms	
wc-gateway-ppec-order-r...	200	jmcoaching.co.uk	886B		263ms	
api.js?render=6Lep-NEU...	200	google.com	926B		284ms	
index.js?ver=5.8.7	200	jmcoaching.co.uk	975B		263ms	
e-202410.js	200	stats.wp.com	2.89KB		248ms	
c0f7c4093167a23ff38e8fc...	200	jmcoaching.co.uk	152KB		304ms	
recaptcha__en.js	200	gstatic.com	195KB		186ms	
gtm.js?id=GTM-WSRKSKX	200	googletagmanager.c...	63.9KB		165ms	
1Ptsg8zYS_SKggPNyCg4...	200	jmcoaching.co.uk	49.7KB		238ms	
shoe.png	200	jmcoaching.co.uk	485KB		41ms	
hills.png	200	jmcoaching.co.uk	561KB		39ms	
JTUHjIg1_i6t8kCHKm453...	200	jmcoaching.co.uk	15.4KB		567ms	
283r8.css	200	jmcoaching.co.uk	707B			26ms
283r8.css	200	jmcoaching.co.uk	714B			25ms
283r8.css	200	jmcoaching.co.uk	638B			28ms
283r8.css	200	jmcoaching.co.uk	697B			63ms
283r8.css	200	jmcoaching.co.uk	626B			63ms
283r8.css	200	jmcoaching.co.uk	629B			27ms
283r8.css	200	jmcoaching.co.uk	631B			49ms
283r8.css	200	jmcoaching.co.uk	673B			26ms
283r8.css	200	jmcoaching.co.uk	646B			57ms
283r8.css	200	jmcoaching.co.uk	646B			57ms
283r8.css	200	jmcoaching.co.uk	595B			57ms
283r8.css	200	jmcoaching.co.uk	607B			57ms
1y5xj.css	200	jmcoaching.co.uk	611B			56ms
1y5xj.css	200	jmcoaching.co.uk	617B			68ms
283r8.css	200	jmcoaching.co.uk	797B			56ms
283r8.css	200	jmcoaching.co.uk	967B			56ms
64r1i.css	200	jmcoaching.co.uk	825B			56ms
64r1i.css	200	jmcoaching.co.uk	800B			21ms
64r1i.css	200	jmcoaching.co.uk	779B			20ms
64r1i.css	200	jmcoaching.co.uk	748B			23ms
64r1i.css	200	jmcoaching.co.uk	709B			22ms
64r1i.css	200	jmcoaching.co.uk	3.83KB			104ms
64r1i.css	200	jmcoaching.co.uk	2.94KB			22ms
64r1i.css	200	jmcoaching.co.uk	756B			51ms
64r1i.css	200	jmcoaching.co.uk	2.42KB			53ms
64r1i.css	200	jmcoaching.co.uk	1.17KB			51ms
64r1i.css	200	jmcoaching.co.uk	672B			100ms
64r1i.css	200	jmcoaching.co.uk	572B			101ms
64r1i.css	200	jmcoaching.co.uk	1.40KB			99ms
64r1i.css	200	jmcoaching.co.uk	753B			99ms
64r1i.css	200	jmcoaching.co.uk	1.16KB			99ms
64r1i.css	200	jmcoaching.co.uk	1.26KB			100ms
64r1i.css	200	jmcoaching.co.uk	872B			99ms
64r1i.css	200	jmcoaching.co.uk	578B			100ms
64r1i.css	200	jmcoaching.co.uk	605B			98ms
64r1i.css	200	jmcoaching.co.uk	645B			101ms
64r1i.css	200	jmcoaching.co.uk	633B			101ms
64r1i.css	200	jmcoaching.co.uk	628B			99ms
64r1i.css	200	jmcoaching.co.uk	606B			99ms
64r1i.css	200	jmcoaching.co.uk	741B			100ms
64r1i.css	200	jmcoaching.co.uk	1.59KB			99ms

64r1i.css	200	jmcoaching.co.uk	1.03KB		99ms
64r1i.css	200	jmcoaching.co.uk	2.07KB		100ms
js?id=G-RMJXM1NHKF&l...	200	googletagmanager.c...	96.6KB		113ms
g.gif?v=ext&blog=175767...	200	pixel.wp.com	50B		21ms
wp-emoji-release.min.js?...	200	jmcoaching.co.uk	5.29KB		40ms
anchor?ar=1&k=6Lep-NE...	200	google.com	28.1KB		82ms
NB_Prism_LA_McFaulDa...	200	jmcoaching.co.uk	404KB		62ms
teamnb5krace-102.jpeg	200	jmcoaching.co.uk	129KB		46ms
homenew1.png	200	jmcoaching.co.uk	547KB		61ms
styles__ltr.css	200	gstatic.com	24.0KB		50ms
recaptcha__en.js	200	gstatic.com	195KB		86ms
722MIWu_TMZiQau3mAa...	200	google.com	6.80KB		14ms
logo_48.png	200	gstatic.com	2.18KB		6ms
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.0KB		143ms
KFOICnqEu92Fr1MmEU9f...	200	fonts.gstatic.com	15.2KB		144ms
webworker.js?hl=en&v=vj...	200	google.com	135B		20ms
fav.png	200	jmcoaching.co.uk	7.63KB		25ms
fav.png	200	jmcoaching.co.uk	0		5ms
POST reload?k=6Lep-NE...	200	google.com	9.29KB		128ms

134 Requests	**5.29MB (8.70MB Uncompressed)**	**Fully Loaded 5.3s (Onload 4.5s)**

0.7s	1.3s	2s	2.7s	3.3s	4s	4.6s	5.3s

TTFB: 1.4s
Redirect: 1.4s
Connect: 18ms
Backend: 35ms

First Contentful Paint: 1.9s

Largest Contentful Paint: 3.9s

Onload Time: 4.5s

Time to Interactive: 5.1s

Fully Loaded Time: 5.3s

Performance Metrics

First Contentful Paint

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

Much longer than recommended

1.9s

Time to Interactive

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

Much longer than recommended

5.1s

Speed Index

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

Much longer than recommended

6.8s

Total Blocking Time

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

Much longer than recommended

1.1s

Largest Contentful Paint

How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.

Much longer than recommended

3.9s

Cumulative Layout Shift

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

Good - Nothing to do here

0.05

Browser Timings

Redirect	1.4s	Connect	18ms	Backend	35ms
TTFB	1.4s	First Paint	1.9s	DOM Int.	3.4s
DOM Loaded	3.5s	Onload	4.5s	Fully Loaded	5.3s

IMPACT	AUDIT		
Low	**Avoid chaining critical requests** FCP LCP		37 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load.

Maximum critical path latency: **2.6s**

INITIAL NAVIGATION

- http://jmcoaching.co.uk/ 0B, 12ms
  - https://jmcoaching.co.uk/ 488B, 1.4s
    - https://www.jmcoaching.co.uk/ 34.2KB, 57ms
      - https://www.jmcoaching.co.uk/wp-includes/js/jquery/ui/menu.min.js?ver=1.13.2 3.56KB, 114ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 36.0KB, 129ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/a11y.min.js?ver=7032343a947cfccf5608 1.35KB, 101ms
      - https://www.jmcoaching.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.25KB, 21ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/contact-form-7/modules/recaptcha/index.js?ver=5.8.7 975B, 112ms
      - https://www.google.com/recaptcha/api.js?ver=20231102 1.13KB, 81ms
      - https://www.jmcoaching.co.uk/cdn-cgi/scripts/5c5dd728/cloudflare-static/email-decode.min.js 1.13KB, 9ms
      - https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/12gxf0eo/64r1i.css 1.23KB, 81ms
      - https://www.jmcoaching.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 31.0KB, 38ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/user-submitted-posts/resources/jquery.cookie.js?ver=20231102 1.00KB, 25ms
      - https://www.jmcoaching.co.uk/wp-includes/js/jquery/ui/autocomplete.min.js?ver=1.13.2 3.37KB, 100ms
      - https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/70ftcoza/ln5l.css 4.21KB, 48ms
      - https://www.jmcoaching.co.uk/wp-content/uploads/fusion-scripts/c0f7c4093167a23ff38e8fcc19bfc924.min.js?ver=3.11.6 152KB, 154ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 2.94KB, 88ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/hooks.min.js?ver=c6aec9a8d4e5a5d543a1 2.03KB, 100ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/dom-ready.min.js?ver=392bdd43726760d1f3ca 811B, 100ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0 2.98KB, 88ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.8.7 3.66KB, 113ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/woocommerce/assets/js/sourcebuster/sourcebuster.min.js?ver=8.6.1 5.07KB, 121ms
      - https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/2cd1npmw/64r1i.css 853B, 82ms
      - https://www.jmcoaching.co.uk/wp-content/uploads/fusion-gfonts/1Ptsg8zYS_SKggPNyCg4TYFq.woff2 49.7KB, 39ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/wp-show-more/wpsm-script.js?ver=1.0.1 667B, 113ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/woocommerce-gateway-paypal-express-checkout/assets/js/wc-gateway-ppec-order-review.js?ver=2.1.3 886B, 113ms
      - https://stats.wp.com/e-202410.js 2.89KB, 98ms
      - https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/95hcegyh/64r1i.css 12.8KB, 89ms
      - https://www.jmcoaching.co.uk/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2 7.59KB, 89ms
      - https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/kpm44hyo/2ak1k.css 4.77KB, 31ms
      - https://www.jmcoaching.co.uk/wp-includes/js/dist/i18n.min.js?ver=7701b0c3857f914212ef 4.14KB, 100ms
      - https://www.jmcoaching.co.uk/wp-content/plugins/user-submitted-posts/resources/jquery.usp.core.js?ver=20231102 2.34KB, 46ms
      - https://www.google.com/recaptcha/api.js?render=6Lep-NEUAAAAAAEQpk00p4sAkLfI6YPGxvAa-c-z&ver=3.0 926B, 134ms

https://www.jmcoaching.co.uk/wp-content/plugins/woocommerce/assets/js/frontend/order-attribution.min.js?ver=8.6.1 ⬚ 1.24KB, 112ms

https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/6wtu0qtd/4o7vw.css ⬚ 3.65KB, 27ms

https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/6yi3jrj7/4o7vw.css ⬚ 3.72KB, 27ms

https://www.jmcoaching.co.uk/wp-content/plugins/user-submitted-posts/resources/jquery.parsley.min.js?ver=20231102 ⬚ 13.0KB, 44ms

https://www.jmcoaching.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.8.7 ⬚ 4.60KB, 121ms

https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/86r9q0ek/64r1i.css ⬚ 789B, 82ms

https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/799jouv5/63ho4.css ⬚ 126KB, 178ms

https://www.jmcoaching.co.uk/wp-content/uploads/fusion-gfonts/JTUHjIg1_i6t8kCHKm4532VJOt5-QNFgpCuM73w5aXo.woff2 ⬚ 15.4KB, 22ms

| Low | **Reduce JavaScript execution time** TBT | 1.2s spent executing JavaScript |

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• https://www.jmcoaching.co.uk/	1.2s	28ms	3ms
• https://www.jmcoaching.co.uk/wp-content/uploads/fusion-scripts/c0f7c4093167a23ff38e8fcc19bfc924.min.js?ver=3.11.6	765ms	154ms	26ms
• https://www.jmcoaching.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	697ms	275ms	1ms
• Unattributable	596ms	22ms	0ms
• https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	541ms	449ms	46ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WSRKSKX	121ms	113ms	2ms
• https://www.googletagmanager.com/gtag/js?id=G-RMJXM1NHKF&l=dataLayer&cx=c	60ms	54ms	4ms

| Low | **Eliminate render-blocking resources** FCP LCP | Potential savings of 65ms |

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
• https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/6wtu0qtd/4o7vw.css	3.65KB	150ms
• https://www.jmcoaching.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	31.0KB	450ms
• https://www.google.com/recaptcha/api.js?ver=20231102	1.13KB	779ms
• https://www.jmcoaching.co.uk/wp-content/plugins/user-submitted-posts/resources/jquery.parsley.min.js?ver=20231102	13.0KB	300ms

| Low | **Properly size images** | Potential savings of 799KB |

Serve images that are appropriately-sized to save cellular data and improve load time.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.jmcoaching.co.uk/wp-content/uploads/2020/02/IMG_1491.jpg	421KB	420KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-7-400x400.png	354KB	65.6KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-6-400x400.png	270KB	50.0KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/09/Blog-Pages--400x400.png	260KB	48.2KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/panashi.jpeg	46.2KB	46.1KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/06/Untitled-design-400x335.png	194KB	35.6KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/UTS-320x202.png	43.5KB	32.4KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/01/2-400x400.png	162KB	30.0KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/michael-300x300.jpg	24.4KB	24.0KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/New_Balance_logo-320x202.png	31.4KB	23.4KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/British_Athletics_Logo-320x202.jpg	11.8KB	8.81KB
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/6360bc71-0d8b-4a90-94e9-c4c71bc5a318-150x150.jpg	9.29KB	8.63KB
https://www.jmcoaching.co.uk/wp-content/uploads/2020/04/STOCKPORT-320x202.png	8.94KB	6.65KB

Low	**Serve static assets with an efficient cache policy**	Potential savings of 584B

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
• https://www.jmcoaching.co.uk/cdn-cgi/scripts/5c5dd728/cloudflare-static/email-decode.min.js	2 days	1.13KB
• https://www.gstatic.com/recaptcha/api2/logo_48.png	7 days	2.31KB

Low	**Efficiently encode images**	Potential savings of 319KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.jmcoaching.co.uk/wp-content/uploads/2020/02/IMG_1491.jpg	421KB	319KB

Low	**Reduce unused CSS** FCP LCP	Potential savings of 121KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/799jouv5/63ho4.css	126KB	108KB
• https://www.jmcoaching.co.uk/wp-content/cache/wpfc-minified/95hcegyh/64r1i.css	12.8KB	12.7KB

Low	**Serve images in next-gen formats**	Potential savings of 3.01MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/hills.png	560KB	407KB
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/shoe.png	485KB	391KB
https://www.jmcoaching.co.uk/wp-content/uploads/2020/02/IMG_1491.jpg	421KB	378KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/04/homenew1.png	546KB	357KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-7-400x400.png	354KB	316KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/04/NB_Prism_LA_McFaulDay.png	403KB	297KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-6-400x400.png	270KB	250KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/09/Blog-Pages--400x400.png	260KB	238KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/06/Untitled-design-400x335.png	194KB	180KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/01/2-400x400.png	162KB	144KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/04/teamnb5krace-102.jpeg	129KB	41.1KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/UTS-320x202.png	43.5KB	37.4KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/New_Balance_logo-320x202.png	31.4KB	23.7KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/panashi.jpeg	46.2KB	17.1KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/michael-300x300.jpg	24.4KB	9.8KB

Low	Defer offscreen images		Potential savings of 2.84MB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/hills.png	560KB	560KB
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/shoe.png	485KB	485KB
https://www.jmcoaching.co.uk/wp-content/uploads/2020/02/IMG_1491.jpg	421KB	421KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-7-400x400.png	354KB	354KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/08/Blog-Pages-6-400x400.png	270KB	270KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/09/Blog-Pages--400x400.png	260KB	260KB
https://www.jmcoaching.co.uk/wp-content/uploads/2023/06/Untitled-design-400x335.png	194KB	194KB
https://www.jmcoaching.co.uk/wp-content/uploads/2022/01/2-400x400.png	162KB	162KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/panashi.jpeg	46.2KB	46.2KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/UTS-320x202.png	43.5KB	43.5KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/New_Balance_logo-320x202.png	31.4KB	31.4KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/06/michael-300x300.jpg	24.4KB	24.4KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/British_Athletics_Logo-320x202.jpg	11.8KB	11.8KB
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/6360bc71-0d8b-4a90-94e9-c4c71bc5a318-150x150.jpg	9.29KB	9.29KB
https://www.jmcoaching.co.uk/wp-content/uploads/2020/04/STOCKPORT-320x202.png	8.94KB	8.94KB
https://www.jmcoaching.co.uk/wp-content/uploads/2018/04/OTE-200x126.jpg	5.31KB	5.31KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/12/Garmin_logo_small-210x202.png	5.21KB	5.21KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/sallie.jpeg	3.65KB	3.65KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/05/jmlogo-250.png	3.27KB	3.27KB
https://www.jmcoaching.co.uk/wp-content/uploads/2017/05/jmlogo-200.png	3.05KB	3.05KB
https://www.jmcoaching.co.uk/wp-content/uploads/2015/12/camille.jpeg	2.51KB	2.51KB

Low	Avoid large layout shifts CLS		4 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Elite online coaching for all abilities Having an online running coach can hel… `<div class="fusion-fullwidth fullwidth-box fusion-builder-row-1 mass-responsive-sectio…" style="--awb-background-position: left top; --awb-border-sizes-top: 0px;" id="section1">`	0.04
Elite online coaching for all abilities Having an online running coach can hel… `<div class="fusion-builder-row fusion-row">`	0.02
COACHES TESTIMONIALS SERVICES TRAINING PLANS SHOP JM RUN CLUB CONTACT `<nav class="fusion-main-menu" aria-label="Main Menu">`	0.01
ONLINE RUNNING COACH RUNNING COACH JM RUN CLUB `<div class="slide-content" style="margin-top: 0px; opacity: 1;">`	0.01

Low	**Avoid non-composited animations** CLS	18 animated elements found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME

Coaching with Sophie

```
<a class="fusion-button button-flat fusion-button-default-size button-default fusion…" target="_self"
href="https://www.jmcoaching.co.uk/jonny-mellor-online-running-coach-team/">
```

ELEMENT	NAME
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-bottom-color	border-bottom-color

See More

```
<a class="fusion-button button-flat button-large button-custom fusion-button-default…" style="--
button_accent_color: #333333; --button_accent_hover_color: #333333;" target="_self"
href="https://www.jmcoaching.co.uk/testimonials/">
```

ELEMENT	NAME
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-bottom-color	border-bottom-color

10k Training Plans

```
<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-
size:16px;--fontSize:16;line-height:1.31;">
```

ELEMENT	NAME
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-size	font-size

div.heading > a.heading-link > div.icon > i.fontawesome-icon

```
<i style="border-color: rgb(51, 51, 51); border-width: 0px; background-color: rgb(254, 208, 61);"
aria-hidden="true" class="fontawesome-icon fa-globe fas circle-yes">
```

ELEMENT	NAME
Unsupported CSS Property: font-style	font-style
Unsupported CSS Property: font-weight	font-weight

Half Marathon Plans

ELEMENT	NAME
`<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-size:16px;--fontSize:16;line-height:1.31;">`	
Unsupported CSS Property: color	color
Unsupported CSS Property: margin-bottom	margin-bottom
Unsupported CSS Property: font-weight	font-weight
Unsupported CSS Property: font-size	font-size
Coaching with Adam	
`<a class="fusion-button button-flat fusion-button-default-size button-default fusion…" target="_self" href="https://www.jmcoaching.co.uk/jonny-mellor-online-running-coach-team/">`	
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-bottom-color	border-bottom-color
Coaching with Jonny	
`<a class="fusion-button button-flat fusion-button-default-size button-default fusion…" target="_self" href="https://www.jmcoaching.co.uk/jonny-mellor-online-running-coach-team/">`	
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Professional Plans	
`<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-size:16px;--fontSize:16;line-height:1.31;">`	
Unsupported CSS Property: margin-bottom	margin-bottom
Coaching with Ross	
`<a class="fusion-button button-flat fusion-button-default-size button-default fusion…" target="_self" href="https://www.jmcoaching.co.uk/jonny-mellor-online-running-coach-team/">`	
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color

Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-bottom-color	border-bottom-color

JM Run Club

```
<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-size:16px;--fontSize:16;line-height:1.31;">
```

Unsupported CSS Property: margin-bottom	margin-bottom

Online Coaching

```
<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-size:16px;--fontSize:16;line-height:1.31;">
```

Unsupported CSS Property: margin-bottom	margin-bottom

Coaching with Jip

```
<a class="fusion-button button-flat fusion-button-default-size button-default fusion…" target="_self" href="https://www.jmcoaching.co.uk/jonny-mellor-online-running-coach-team/">
```

Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color
Unsupported CSS Property: padding-bottom	padding-bottom
Unsupported CSS Property: padding-left	padding-left
Unsupported CSS Property: padding-right	padding-right
Unsupported CSS Property: padding-top	padding-top
Unsupported CSS Property: border-top-color	border-top-color
Unsupported CSS Property: border-bottom-color	border-bottom-color

div.heading > a.heading-link > div.icon > i.fontawesome-icon

```
<i style="border-color: rgb(51, 51, 51); border-width: 0px; background-color: rgb(254, 208, 61);" aria-hidden="true" class="fontawesome-icon fa-calendar-alt fas circle-yes">
```

Unsupported CSS Property: font-style	font-style
Unsupported CSS Property: font-weight	font-weight

CONTACT

```
<span class="menu-text fusion-button button-default button-large">
```

Unsupported CSS Property: color	color
Unsupported CSS Property: background-color	background-color
Unsupported CSS Property: border-left-color	border-left-color
Unsupported CSS Property: font-size	font-size
Unsupported CSS Property: border-right-color	border-right-color

ELEMENT	NAME

Unsupported CSS Property: padding-bottom — padding-bottom

Unsupported CSS Property: padding-left — padding-left

Unsupported CSS Property: padding-right — padding-right

Unsupported CSS Property: border-top-color — border-top-color

Unsupported CSS Property: padding-top — padding-top

Unsupported CSS Property: border-bottom-color — border-bottom-color

VIEW ALL POSTS

```
<a class="fusion-button button-flat button-large button-custom fusion-button-default…" style="--
button_accent_color: #333333; --button_accent_hover_color: #333333;" target="_self"
href="https://www.jmcoaching.co.uk/blog/">
```

Unsupported CSS Property: background-color — background-color

Unsupported CSS Property: border-left-color — border-left-color

Unsupported CSS Property: font-size — font-size

Unsupported CSS Property: border-right-color — border-right-color

Unsupported CSS Property: padding-bottom — padding-bottom

Unsupported CSS Property: padding-left — padding-left

Unsupported CSS Property: padding-right — padding-right

Unsupported CSS Property: padding-top — padding-top

Unsupported CSS Property: border-top-color — border-top-color

Unsupported CSS Property: border-bottom-color — border-bottom-color

div.heading > a.heading-link > div.icon > i.fontawesome-icon

```
<i style="border-color: rgb(51, 51, 51); border-width: 0px; background-color: rgb(254, 208, 61);"
aria-hidden="true" class="fontawesome-icon fa-trophy fas circle-yes">
```

Unsupported CSS Property: font-style — font-style

Unsupported CSS Property: font-weight — font-weight

Marathon Training Plans

```
<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-
size:16px;--fontSize:16;line-height:1.31;">
```

Unsupported CSS Property: color — color

Unsupported CSS Property: margin-bottom — margin-bottom

Unsupported CSS Property: font-weight — font-weight

Unsupported CSS Property: font-size — font-size

5k Training Plans

```
<h2 class="content-box-heading fusion-responsive-typography-calculated" style="--h2_typography-font-
size:16px;--fontSize:16;line-height:1.31;">
```

Unsupported CSS Property: color — color

Unsupported CSS Property: margin-bottom — margin-bottom

Unsupported CSS Property: font-weight — font-weight

Unsupported CSS Property: font-size — font-size

Low	**Reduce unused JavaScript** LCP		Potential savings of 416KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	196KB	156KB
https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	196KB	96.5KB
https://www.jmcoaching.co.uk/wp-content/uploads/fusion-scripts/c0f7c4093167a23ff38e8fcc19bfc924.min.js?ver=3.11.6	152KB	88.4KB
https://www.googletagmanager.com/gtag/js?id=G-RMJXM1NHKF&l=dataLayer&cx=c	96.7KB	41.8KB
https://www.googletagmanager.com/gtm.js?id=GTM-WSRKSKX	64.3KB	32.5KB

N/A	**Largest Contentful Paint element** LCP	3,900 ms

This is the largest contentful element painted within the viewport.

ELEMENT

div.tfs-slider > ul.slides > li.slide-id-3264 > div.background

```
<div class="background background-image" style="background-image: url(&quot;https://www.jmcoaching.co.uk/wp-
content/uploads/202…&quot;);" data-imgwidth="1200">
```

PHASE	% OF LCP	TIMING
TTFB	37%	1.4s
Load Delay	55%	2.1s
Load Time	1%	57ms
Render Delay	7%	254ms

N/A	**Reduce initial server response time** FCP LCP	Root document took 34ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
• https://www.jmcoaching.co.uk/	34ms

N/A	**Avoid serving legacy JavaScript to modern browsers** TBT	Potential savings of 8.07KB

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL		POTENTIAL SAVINGS
https://www.jmcoaching.co.uk/wp-content/uploads/fusion-scripts/c0f7c4093167a23ff38e8fcc19bfc924.min.js?ver=3.11.6		8.01KB
Line:14 Column:81696	`Array.prototype.filter`	
https://www.jmcoaching.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2		62B
Line:0 Column:452	`@babel/plugin-transform-classes`	

N/A	**Minimize main-thread work** TBT	Main-thread busy for 4.2s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	1.4s
Script Evaluation	1.2s
Style & Layout	1.2s
Parse HTML & CSS	117ms
Script Parsing & Compilation	96ms
Rendering	90ms
Garbage Collection	42ms

N/A	**Reduce the impact of third-party code** TBT	Third-party code blocked the main thread for 53ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE CDN	418KB	53ms
• https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/recaptcha__en.js	391KB	53ms
• https://www.gstatic.com/recaptcha/releases/vj7hFxe2iNgbe-u95xTozOXW/styles__ltr.css	24.6KB	0ms
GOOGLE TAG MANAGER	161KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-RMJXM1NHKF&l=dataLayer&cx=c	96.7KB	0ms
• https://www.googletagmanager.com/gtm.js?id=GTM-WSRKSKX	64.3KB	0ms
OTHER GOOGLE APIS/SDKS	46.8KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6Lep-NEUAAAAAAEQpk00p4sAkLfl6YPGxvAa-c-z&co=aHR0cHM6Ly93d3cuam1jb2FjaGluZy5jby51azo0ODM.&hl=en&v=vj7hFxe2iNgbe-u95xTozOXW&size=invisible&cb=iifyqnpnwanu	28.1KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6Lep-NEUAAAAAAEQpk00p4sAkLfl6YPGxvAa-c-z	9.29KB	0ms
• https://www.google.com/js/bg/722MIWu_TMZiQau3mAaarHtCk2pd6rTYw5oNsH4wR_g.js	7.20KB	0ms
GOOGLE FONTS	30.8KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.3KB	0ms
WORDPRESS SITE STATS	7.15KB	0ms
• https://stats.wp.com/s-202410.js	4.09KB	0ms

N/A	**User Timing marks and measures**

No user timings and/or marks found.