

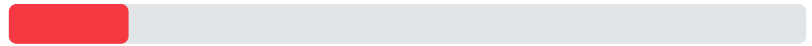


<https://www.jmcoaching.co.uk/>

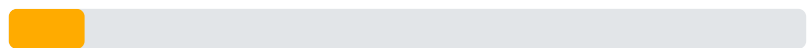
Report generated on Mar 05, 2024



11 Failed



7 Warnings



55 Passed



## Common SEO issues

3 Failed

4 Warnings

18 Passed

### ✔ Meta Title Test

This webpage is using a title tag.

**Text:** Online Running Coach from International athlete Jonny Mellor  
**Length:** 60 characters

### ⚠ Meta Description Test

This webpage is using a meta description tag with a length of 145 characters. We recommend using well-written and inviting meta descriptions with a length between 150 and 220 characters (spaces included).

**Text:** Online running coach from athlete Jonny Mellor helping to provide you with structure and guidance in your training. Achieve your potential today!  
**Length:** 145 characters



## Google Search Results Preview Test

### Desktop version

<https://www.jmcoaching.co.uk/>

### Online Running Coach from International athlete Jonny...

Online running coach from athlete Jonny Mellor helping to provide you with structure and guidance in your training. Achieve your potential today!

### Mobile version

<https://www.jmcoaching.co.uk/>

### Online Running Coach from International athlete Jonny Mellor

Online running coach from athlete Jonny Mellor helping to provide you with structure and guidance in your training. Achieve your...



## ✔ Social Media Meta Tags Test

This webpage is using social media meta tags.

Open Graph Meta Tags	
og:locale	en_GB
og:type	website
og:title	Online Running Coach from International athlete Jonny Mellor
og:description	Elite online coaching for all abilities Having an online running coach can help you with nearly every aspect of your running, giving you guidance and structure in your training, ensuring everything you do is progressive and most importantly has a purpose. Is spending hours on the internet researching different approaches
og:url	https://www.jmcoaching.co.uk/
og:site_name	JM Coaching
og:image	https://www.jmcoaching.co.uk/wp-content/uploads/2017/05/jmlogo-white-250.png
og:image:width	250
og:image:height	88
og:image:type	image/png
Twitter Card Meta Tags	
twitter:card	summary_large_image
twitter:site	@utsrunclub

## 🕒 Most Common Keywords Test

There is likely no optimal keyword density (search engine algorithms have evolved beyond keyword density metrics as a significant ranking factor). It can be useful, however, to note which keywords appear most often on your page and if they reflect the intended topic of your page. More importantly, the keywords on your page should appear within natural sounding and grammatically correct copy.

44 training 35 coaching 33 running 29 plans 21 online



## ✔ Keywords Usage Test

The most common keywords of this webpage are distributed well across the important HTML tags. This helps search engines to properly identify the topic of this webpage.

Keyword	Title tag	Meta description	Headings
training	✗	✔	✔
coaching	✗	✗	✔
running	✔	✔	✔
plans	✗	✗	✔
online	✔	✔	✔

## ○ Keywords Cloud Test





## 🕒 Related Keywords Test

This URL is currently ranked in the top 20 organic Google listings for the search terms below:

- [online running coach uk](#)
- [online running coach](#)
- [running coaches](#)
- [jonny mellor](#)
- [run coach](#)
- [running coaching](#)
- [running coach](#)
- [marathon coaches](#)
- [jonny mellor](#)
- [marathon coach](#)

## 🕒 Competitor Domains Test

This domain has an Authority Score of **22/100** while the **Average Authority Score** of top 100 sites is **89.5**. Some of the most relevant competitors for this domain are listed below:



## ! Heading Tags Test

This webpage contains too many H2 tags! H2 tags should re-inforce the related content of your page to search engines - too many tags may make the topic less clear, or look like spam tactics. Consider using less than 10 H2 tags.

### H1 tags

---

Online Running Coach

---

Courage to start, strength to endure, resolve to finish.

### H2 tags

---

Online RunningCoach

---

Running Training PlansFor All Abilities

---

Get FasterGet Educated

---

Elite online coaching for all abilities

---

Online Coaching

---

Professional Plans

---

JM Run Club

---

The JM Coaching Team

---

Our Training Plans

---

5k Training Plans

---

10k Training Plans

---

Half Marathon Plans

---

Marathon Training Plans

---

Client Success Stories

---

The JM Coaching Mission

---

Latest Blog Posts

---

The Ultimate Guide to the Best Places to Run in the Peak District

---

Is Online Running Coaching Worth It? Does Online Coaching Work?

---



Best Online Running Coach

---

Free to Access Posts

---

Online Running Coach Cost

---

Favourite Races

---

Trusted Partners

---

Jonny Mellor The Athlete

---

"It's the small things, done consistently everyday, where success happens"

## ✔ Robots.txt Test

Congratulations! Your site uses a "robots.txt" file.

<https://www.jmcoaching.co.uk/robots.txt>

## ✔ Sitemap Test

This website has a sitemap file.

<https://www.jmcoaching.co.uk/sitemap.xml>

<https://www.jmcoaching.co.uk/sitemap.xml.gz>

## ✔ SEO Friendly URL Test

All links from this webpage are SEO friendly.

## ! Image Alt Test

This webpage is using "img" tags with empty or missing "alt" attribute!

### How to pass this test?

In order to pass this test you must add an **alt** attribute to every **<img>** tag used into your webpage.

An image with an alternate text specified is inserted using the following HTML line:

```

```

Remember that the point of alt text is to provide the same functional information that a visual user would see. Search engines, users who disabled images in their browsers and other agents who are unable to see the images on your webpage can read the alt attributes assigned to the image since they cannot view it.

Learn more about [optimizing images for SEO](#).



## ✘ Responsive Image Test

Not all images in this webpage are properly sized! This webpage is serving images that are larger than needed for the size of the user's viewport.

### How to pass this test?

This issue can be fixed by using responsive images, which relies on creating multiple versions of each image, that are served via CSS media queries depending on the user's viewport dimensions.

Another solution can be to use vector-based image formats like SVG. SVG images scale appropriately to any size, without wasting unnecessary bandwidth. Also consider image CDNs that can help serve responsive images.

## ✔ Image Aspect Ratio Test

All image display dimensions match the natural aspect ratio.

## ✘ Inline CSS Test

This webpage is using inline CSS styles!

### How to pass this test?

It is a good practice to move all the inline CSS rules into an external file in order to make your page "lighter" in weight and decrease the code to text ratio.

- check the HTML code of your page and identify all style attributes
- for each style attribute found you must properly move all declarations in the external CSS file and remove the style attribute

**For example:**

```
<!--this HTML code with inline CSS rule:-->
<p style="color:red; font-size: 12px">some text here</p>

<!--would became:-->
<p>some text here</p>

<!--and the rule added into your CSS file:-->
p{color:red; font-size: 12px}
```

## ✔ Deprecated HTML Tags Test

This webpage does not use HTML deprecated tags.


## ✔ Google Analytics Test

This webpage is using Google Analytics.





## ✔ Favicon Test

 This website appears to have a favicon.

## ⊙ Backlinks Test

This domain has an Authority Score of **22/100** while the **Average Authority Score** of top 100 sites is **89.5**. Also, this domain has **1,166** backlinks from **292** referring domains and some recently found backlinks are listed below:

- MAR 5, 2024 <https://juliaonclin.com/best-running-coaches-k.html>
- MAR 5, 2024 <https://addnews.online/website-list-1442/>
- MAR 5, 2024 <https://thcskimdong.pgddailoc.edu.vn/running-map-planner-k.html>
- MAR 5, 2024 <https://reverlaviez.com/new-balance-manchester-k.html>
- MAR 4, 2024 <https://fortunetech.com.bd/run-route-plotter-k.html>
- MAR 4, 2024 <https://paritet-servis.ru/5k-calculator-k.html>
- MAR 4, 2024 <https://bvrmgroup.com/best-running-coaches-k.html>
- MAR 3, 2024 <http://www.websitescrawl.com/domain-list-13362>
- MAR 3, 2024 <https://www.portovecchio.live/10k-sub-45-k.html>
- MAR 3, 2024 <https://www.overweightcare.com/running-route-maker-k.html>

## ✔ JS Error Test

There are no severe JavaScript errors on this webpage.

## ✔ Console Errors Test

This webpage doesn't have any warnings or errors caught by the Chrome DevTools Console.



## ✘ Charset Declaration Test

This webpage has a meta charset tag but is not fully contained in the first 1024 bytes of the HTML document! The element containing the character encoding declaration must be serialized completely within the first 1024 bytes of the document, otherwise it can significantly affect load performance.

### How to pass this test?

In order to pass this test you have to add a proper character encoding declaration to your webpage. Google recommends using the Unicode/UTF-8 character set when possible. You can do it by using one of the following methods:

1. Add a **meta charset** element in your webpage. The element must be fully contained within the first **1024 bytes**. The best practice is to add this tag as the first element in the **head section** of your document.

```
<!DOCTYPE html>
<html>
<head>
  <meta charset="utf-8" />
  ...
```

2. Add a meta element with an **http-equiv** attribute:

```
<!DOCTYPE html>
<html>
<head>
  <meta http-equiv="Content-Type" content="text/html; charset=utf-8">
  ...
```

3. Configure your server to add a **Content-Type** header that includes a **charset directive**.

```
Content-Type: text/html; charset=utf-8
```

## ✔ Social Media Test

This webpage is connected successfully with social media using:

[Twitter](#)



## Speed optimizations

5 Failed

1 Warnings

19 Passed

### ✘ HTML Page Size Test

The size of this webpage's HTML is **37.76 Kb**, and is greater than the average size of **33 Kb**! This can lead to slower loading times, [lost visitors](#), and decreased revenue. Good steps to reduce HTML size include: using [HTML compression](#), [CSS layouts](#), [external style sheets](#), and [moving javascript](#) to external files.

#### How to pass this test?

In order to resolve this problem you are advised to:

- use gzip compression
- move all CSS style rules into a single, external and minified CSS file
- minify all JS files and, if possible, try combining them into a single external JS file
- use CSS layouts

### ✔ DOM Size Test

The Document Object Model (DOM) of this webpage has **1,176 nodes** which is less than the recommended value of **1,500 nodes**.

### ✔ HTML Compression/GZIP Test

This webpage is successfully compressed using **br compression** on your code. The HTML code is compressed from **248.38 Kb** to **37.76 Kb** (**85% size savings**). This helps ensure a faster loading webpage and improved user experience.



## Site Loading Speed Test

The loading time of this webpage (measured from N. Virginia, US) is around **5.23 seconds** and is greater than the average loading speed which is **5 seconds**!

### How to pass this test?

In order to resolve this problem you are advised to:

- Minimize HTTP requests
- Use Gzip compression
- Use HTTP caching
- Move all CSS style rules into a single, external and minified CSS file
- Minify all JS files and, if possible, try combining them into a single external JS file
- Include external CSS files before external JS files
- Place your JS scripts at the bottom of your page
- Optimize images
- Reduce redirects
- Reduce the number of plug-ins

## JS Execution Time Test

The JavaScript code used by this webpage is executed in less than **2 seconds**.



## ✖ Page Objects Test

This webpage is using more than 20 http requests, which can slow down page loading and negatively impact user experience!

### Content size by content type

Content type	Percent	Size
Image	76.8 %	3.91 Mb
Javascript	13.1 %	679.96 Kb
Font	4.6 %	240.53 Kb
Css	4.1 %	213.73 Kb
Html	1.2 %	61.69 Kb
Other	0.2 %	9.27 Kb
<b>TOTAL</b>	<b>100%</b>	<b>5.08 Mb</b>

### Requests by content type

Content type	Percent	Requests
Css	40.5 %	53
Javascript	29.8 %	39
Image	20.6 %	27
Font	5.3 %	7
Html	2.3 %	3
Other	1.5 %	2
<b>TOTAL</b>	<b>100%</b>	<b>131</b>

### Content size by domain

Domain	Percent	Size
jmcoaching.co.uk	91.0 %	4.63 Mb
gstatic.com	4.3 %	222.03 Kb
googletagmanager.com	3.1 %	163.12 Kb



google.com	0.9 %	45.39 Kb
fonts.gstatic.com	0.6 %	30.62 Kb
stats.wp.com	0.1 %	6.98 Kb
google-analytics.com	0.0 %	201 B
pixel.wp.com	0.0 %	177 B
<b>TOTAL</b>	<b>100%</b>	<b>5.08 Mb</b>

## Requests by domain

Domain	Percent	Requests
jmcoaching.co.uk	86.3 %	113
google.com	4.6 %	6
gstatic.com	2.3 %	3
googletagmanager.com	2.3 %	3
stats.wp.com	1.5 %	2
fonts.gstatic.com	1.5 %	2
google-analytics.com	0.8 %	1
pixel.wp.com	0.8 %	1
<b>TOTAL</b>	<b>100%</b>	<b>131</b>

### ✓ Page Cache Test (Server Side Caching)

This webpage is using a caching mechanism. [Caching](#) helps speed page loading times as well as reduces server load.

### ✓ Flash Test

This webpage does not include flash objects (an outdated technology that was sometimes used to deliver rich multimedia content). Flash content does not work well on mobile devices, and is difficult for crawlers to interpret.

### ✓ CDN Usage Test

This webpage is serving all images, javascript and css resources from CDNs.



## ✘ Modern Image Format Test

This webpage is not serving images in a modern format! Image formats like [JPEG 2000](#), [JPEG XR](#), and [WebP](#) often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

### How to pass this test?

In order to pass this test, convert all the images listed in this report into a modern image format such as [JPEG 2000](#), [JPEG XR](#) or [WebP](#).

It's important to understand that the modern image formats, like WebP, are not yet widely supported across all devices and browsers. You can find [here](#) a full list of supported browsers and devices for the WebP format.

If your target audience falls within one of the unsupported browser/device categories, you should serve optimized fall-back images in the original JPEG/PNG format so that your users don't see a broken or badly designed page:

```
<!--Before:-->


<!--After:-->
<picture>
  <source type="image/webp" srcset="image.webp">
  
</picture>
```

The browser uses the first listed source that's in a format it supports. If the browser does not support any of the formats listed in the "source" tags, it falls back to loading the image specified by the "img" tag.

## ✔ Image Metadata Test

This webpage is not using images with large metadata.

## ✔ Image Caching Test

This website is using cache headers for images and the browsers will display these images from the cache.

## ✔ JavaScript Caching Test

This webpage is using cache headers for all JavaScript resources.

## ✔ CSS Caching Test

This webpage is using cache headers for all CSS resources.

## ✔ JavaScript Minification Test

All JavaScript files used by this webpage are minified.



## ✓ CSS Minification Test

All CSS resources used by this webpage are minified.

## ✗ Render Blocking Resources Test

This webpage is using render blocking resources! Eliminating render-blocking resources can help this webpage to load significantly faster and will improve the website experience for your visitors.

### How to pass this test?

In order to pass this test, you have to reduce the impact of render-blocking resources.

First, you have to identify what's critical and what's not. You can use the [Chrome DevTools \(Coverage tab\)](#) to identify non-critical CSS and JS.

Once you've identified critical code, you can try the below methods to eliminate render-blocking resources:

- inline critical JS within a script tag in your HTML document
- inline critical CSS required for the first paint inside a style block in the head of the HTML document
- move the script and link tags at the end of the HTML document
- add async or defer attributes to non-critical script or link tags
- split CSS styles into different files, organized by media query
- compress and minify your text-based resources

## ✓ Nested Tables Test

This webpage is not using nested tables. This speeds up page loading time and optimizes the user experience.

## ✓ Frameset Test

This webpage does not use frames.

## ✓ Doctype Test

This webpage has a doctype declaration.

```
<!DOCTYPE html>
```

## ✓ URL Redirects Test

This URL doesn't have any redirects (which could potentially cause site indexation issues and site loading delays).





## ✓ Largest Contentful Paint Test

The Largest Contentful Paint duration of this webpage is 1.13 seconds. To provide a good user experience, [Google recommends](#) that sites should strive to have Largest Contentful Paint of 2.5 seconds or less.

### Largest Contentful Paint element within the viewport:

**Text:** *Having an online running coach can help you with nearly every aspect of your run...*

**Html:** `<p style="text-align: center;">`

## ! Cumulative Layout Shift Test

The CLS score of this webpage is 0.1920. To provide a good user experience, [Google recommends](#) that sites should strive to have a CLS score of 0.1 or less.

### DOM element which contributes the most to CLS score:

**Text:** Elite online coaching for all abilities Having an online running coach can help...

**Html:** `<main id="main" class="clearfix width-100" style="position: relative; z-index: 3;">`

**Score:** 0.1355

### How to pass this test?

Reducing CLS is crucial as pages that move around can result in a negative user experience (particularly on mobile devices). For most websites, you can avoid all unexpected layout shifts by sticking to a few guiding principles:

- Always include size attributes on your images and video elements, or otherwise reserve the required space with something like CSS aspect ratio boxes. This approach ensures that the browser can allocate the correct amount of space in the document while the image is loading.
- Try and avoid inserting dynamic content (e.g., banners, forms, etc.) above existing content unless in response to user interaction. This ensures any layout shifts that occur are expected.
- Prefer transform animations to animations of properties that trigger layout changes. Animate transitions in a way that provides context and continuity from state to state.

Server and security

3 Failed

0 Warnings

7 Passed

## ✓ URL Canonicalization Test

<https://www.jmcoaching.co.uk/> and <https://jmcoaching.co.uk/> resolve to the same URL.



## ✔ SSL Checker and HTTPS Test

This website is successfully using HTTPS, a secure communication protocol over the Internet.

- ✔ The certificate is not used before the activation date.
- ✔ The certificate has not expired.
- ✔ The hostname "www.jmcoaching.co.uk" is correctly listed in the certificate.
- ✔ The certificate should be trusted by all major web browsers.
- ✔ The certificate was not revoked.
- ✔ The certificate was signed with a secure hash.

### Certificate Chain:

Server certificate	
Common Name	jmcoaching.co.uk
Subject Alternative Names (SANs)	jmcoaching.co.uk, *.jmcoaching.co.uk
Not Valid Before	Tue, March 5th 2024, 1:31:21 am (UTC)
Not Valid After	Mon, June 3rd 2024, 1:31:20 am (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	GTS CA 1P5
Intermediate certificate	
Common Name	GTS CA 1P5
Organization	Google Trust Services LLC
Location	US
Not Valid Before	Thu, August 13th 2020, 12:00:42 am (UTC)
Not Valid After	Thu, September 30th 2027, 12:00:42 am (UTC)
Signature Algorithm	sha256WithRsaEncryption
Issuer	GTS Root R1
Root certificate	
Common Name	GTS Root R1
Organization	Google Trust Services LLC



Location	US
Not Valid Before	Wed, June 22nd 2016, 12:00:00 am (UTC)
Not Valid After	Sun, June 22nd 2036, 12:00:00 am (UTC)
Signature Algorithm	sha384WithRsaEncryption
Issuer	GTS Root R1

## ✓ Mixed Content Test (HTTP over HTTPS)

This webpage does not use mixed content - both the initial HTML and all other resources are loaded over HTTPS.

## ✓ HTTP2 Test

This webpage is using the HTTP/2 protocol.

## ✓ Safe Browsing Test

This website is not currently listed as suspicious (no malware or phishing activity found).

## ✓ Server Signature Test

The server signature is off for this webpage.

## ✓ Directory Browsing Test

Directory browsing is disabled for this website.



## ✘ Plaintext Emails Test

We've found 1 email addresses in your page code! We advise you [to protect email links](#) in a way that hides them from the spam harvesters.

### How to pass this test?

In order to pass this test you must make your email addresses invisible to email spiders. Note that the best option is to replace your entire contact mechanism with a contact form and using the POST method while submitting the form.

Other solutions are listed below:

- replace the at (@) and dot (.) characters
- replace text with images
- use email obfuscators
- hide email addresses using JavaScript or CSS trick

## ✘ Unsafe Cross-Origin Links Test

This webpage is using `target="_blank"` links without `rel="noopener"` or `rel="noreferrer"` attribute, which can expose it to performance and security issues!

### How to pass this test?

In order to pass this test, you have to update each link identified in this report, by adding a `rel="noopener"` or a `rel="noreferrer"` attribute or both:

```
<a href="https://example.com" target="_blank" rel="noopener noreferrer">
  Click here
</a>
```

- `rel="noopener"` prevents the new page from being able to access the `window.opener` property and ensures it runs in a separate process.
- `rel="noreferrer"` has the same effect but also prevents the **Referer header** from being sent to the new page.

## Mobile usability

0 Failed

0 Warnings

3 Passed

## ✔ Meta Viewport Test

This webpage is using a viewport meta tag.

```
<meta name="viewport" content="width=device-width, initial-scale=1" />
```



## ✔ Media Query Responsive Test

This webpage is using CSS media queries, which is the base for responsive design functionalities.

## ⦿ Mobile Snapshot Test



## Advanced SEO

0 Failed

2 Warnings

8 Passed

## ✔ Structured Data Test

This webpage is using structured data.

## ✔ Custom 404 Error Page Test

This website is using a custom 404 error page. We recommend to have a custom 404 error page in order to improve the website's user experience by letting users know that only a specific page is missing/broken (and not the entire site), providing them helpful links, the opportunity to report bugs, and potentially [track the source of broken links](#).



## ✔ Noindex Tag Test

This webpage does not use the noindex meta tag. This means that it can be indexed by search engines.

## ✔ Canonical Tag Test

This webpage is using the canonical link tag. This tag specifies that the URL: <https://www.jmcoaching.co.uk/> is preferred to be used in search results. Please ensure that this specification is correct, as canonical tags are often hard-coded and may not always reflect the latest changes in a site's URL structure.

```
<link href="https://www.jmcoaching.co.uk/" rel="canonical"/>
```

## ⊙ Nofollow Tag Test

This webpage does not use the nofollow meta tag. This means that search engines will crawl all links from this webpage.

## ⊙ Disallow Directive Test

Your robots.txt file includes a disallow command which instructs search engines to avoid certain parts of your website! You are advised to confirm if access to these resources or pages are intended to be blocked (e.g., if they contain internal-only content or sensitive information).

## ✔ Meta Refresh Test

This webpage is not using a meta refresh tag.

## ✔ SPF Records Test

This DNS server is using an SPF record.

```
v=spf1 a mx ip4:185.194.90.6 include:relay.k.io ~all
```

## ⚠ Ads.txt Validation Test

This website doesn't use an ads.txt file! Ads.txt is a text file that contains a list of Authorized Digital Sellers. The purpose of ads.txt files is to give advertisers and advertising networks the ability to verify who is allowed to sell advertising on your website.