



PAUL GRIFFITHS RUNNING COACH



Hello runners and welcome to the December newsletter, covering a range of running related stuff! I hope you enjoy and if you have any suggestions for future newsletters or fancy being featured then let me know at runningpartners@outlook.com !

Running Partners Podcast

Find in your favourite podcast app here ➡ <https://running-partners.captivate.fm/listen>

Stream here ➡ <https://running-partners.captivate.fm/>

In the last month Ali and I have covered a few different topics, if you haven't listened then please do and if you enjoy, **tell your friends to try us out!**

Recent episodes...

- Episode 57 – Percy Pud - A look at a famous 10k race in Sheffield and some post race analysis!
- Episode 56 – Greg Penn – An interview with a European marathon champion!

There are loads of episodes to catch up on covering training, racing, nutrition, mental health, coaching, injuries, motivation, and much more

Athlete Updates - My group of athletes continues to grow and flourish ! Lots of PBs across all distances this year from 5k to ultras and some super impressive times and race performances , here are a couple to feature;



Su had never run a half marathon before we started working together and it was a pleasure to work with Su and help her to achieve the goal...

"Paul's coaching made my ambition of completing a half marathon a reality! His unwavering support and guidance, and belief in my potential were truly inspiring. Even when I faced an injury during training, Paul remained by my side, adapting the plan and encouraging me every step of the way.

His dedication ensured I could recover and continue, keeping me focused on the goal and I'm looking forward to working with him when we 'go again' in 2025."



I had the pleasure of coaching Phil as he prepared for the challenging 30k trail race in Dartmoor. With a tailored plan focused on enhancing both speed and endurance over six months, Phil not only improved but also secured the title of first male with an impressive time of 3 hours and 10 minutes—an hour faster than his previous best. We're now excited to set our sights on more personal bests in 2025 across various distances.

Running news - Here are three things that I have noticed from the running world you might like;

1. Another epic challenge for Kevin Sinfield
<https://www.therhinos.co.uk/the-club/sinfield-christmas-2024>
2. Are short hill sprints effective? <https://runnersconnect.net/sprint-training-program-for-novice-runners/>
3. What can we learn from elite coaches and athletes ?
<https://runningwritings.com/2023/06/canova-marathon-book.html>

Races

It can be a bit quiet for races over the winter period but you can still find some out there across all distances, a few good websites to try and search are <https://www.sientries.co.uk/> and <https://findarace.com/> and for global reach <https://www.ahotu.com> A few of my favourites to look out for;

- Christmas Day Parkrun – check out your local one for a festive fun 5k!
<https://www.parkrun.org.uk/special-events/>
- 4th Jan - The Hardmoors 30 <https://www.hardmoors110.org.uk/> A challenging race on a fantastic route
- 5th Jan – Sheffield Round Run Winter Edition
<https://www.roundsheffieldrun.com/> A fun multi stage race full of mud, hills and support!
- 25th Jan – Tissington Trail Half Marathon – <https://www.nice-work.org.uk/e/tissington-trail-half-marathon-and-10k-saturday-9974> lovely route and a great chance to get a PB and shake off the Christmas and New Year hangover!

I hope you have enjoyed the newsletter but if it isn't for you, simply reply 'Unsubscribe' and I will take you off the list! Happy running everyone !