

Coaching Bio For Website – Paul Dellar

I started coaching in 2016 after qualifying as a Leader in Running Fitness (LIRF) – with my then club Tiptree Road Runners – soon taking on lead responsibility for one of the training groups there.

I kept my hand in by taking occasional sessions when I first joined Colchester Harriers back in 2019, before taking on lead responsibility for Senior Endurance Group 2 in September 2020.

I then passed my Coach in Running Fitness (CIRF) qualification in September 2021. My coaching philosophy is athlete focussed and based around structuring a program to provide a good training base for endurance running – from Parkrun through to marathon. My sessions are heavily influenced by US coaching guru Jack Daniels, although I also try and ensure I keep up to date with latest coaching ideas and methods as well as making sure sessions are enjoyable and runners keep on coming back for more!