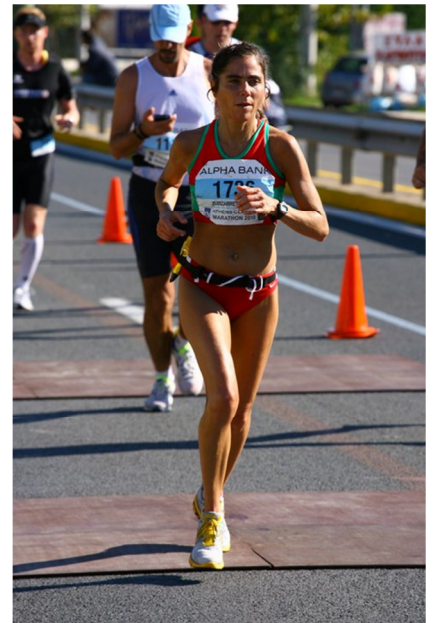


Maria Zubizarreta

I started training with Phil back in 2008. I'd been running marathons for several years before I met him as a member of Les Croupiers Running Club in Cardiff, these included Austin, Texas; Asunción, Paraguay; Buenos Aires, Argentina; Mar del Plata, Argentina; Costa Rica; and my best time ever at Stockholm, Sweden in 2007 where I ran **3 hrs 46:33** (a time to be proud of at the time). Phil became my best friend and has taken the reins of my running since and I haven't looked back. His first greatest achievement with me was the Edinburgh Marathon in May 2008 where he made me run **3 hrs 22:47**, a massive PB. That was only the beginning of a long road to my recent **3 hrs 07:36** in the 2011 London Marathon. In Berlin 2012 I reduced this down to **3 hrs 02:23**, and at the London Marathon 2015 backed this up with a **3 hrs 04:29**



Phil is not just a good, experienced knowledgeable coach – he is a runner, he's been there, he's done it, he lives it in the same way you and I do – the joys of training, the pain, the laziness, the lack of motivation, the sacrifices and for that, he is able to design a training plan that is realistic, flexible and most importantly, doable!

Phil gets to know you, not just the athlete, but the person, your likes, your obsessions, your strengths, your weaknesses, your dislikes – and thus tailors a training plan that is custom made for “YOU”. Running is not just about going out and running, but doing speed work, strength training, or planning a diet – Yes, he'll give you all that – but all this will be based on your styles, character, abilities, lifestyle, etc. ...yes and even moods!

Training is hard, I am not going to try and make it look as if Phil will make it easy, “You” will have to do the running, the strength training, or whatever your fitness needs require, but what he will get you is RESULTS.

What I very much appreciate about his training plan is the flexibility. He does not design regimented plans that make you feel like you've joined the military – on the contrary, his plans are tailored to be compatible with the lifestyle of a real common person, working mother, student, housewife, or businessman giving them ample room to fit and modify as needed as long as the work is done.

He's trained an amateur, fun runner like me, but he's also trained serious athletes with higher goals than mine and always achieved fantastic results. Phil knows my running but most importantly he knows ME, and in my long years as a basketball player and track runner for Paraguay I've never experienced a coach that could get the best out of me every time!

Just to add to the list of achievements, I went from a **21:38** 5Km, having trained on my own, to a **19:18** PB thanks to his training sessions. I ran a **1 hr 26** Half Marathon, and **66:47** for 10 miles, as well as my marathon PB's as mentioned above.

Phil also trained me for the Barry 40, a 40 mile Ultra marathon run on the track – he monitored my training professionally but also personally – his support at the race was also essential for my completing the 40 miles successfully – Phil cares, his trainees are his main concern, he'll stay awake till 4.00am to satisfy any need of his trainees, he will be there for you at any time, night or day, holiday or not.

He's the best coach I've ever had! And I think I can assertively say HE GETS RESULTS!!