



# The Connected Runner

Workbook



 CardiffRunningShow  
 [cardiffrunningshow.com](http://cardiffrunningshow.com)

 **CARDIFF**  
RUNNING SHOW



# About this booklet

There is a kind of forgetting  
that doesn't feel like loss—  
just a slow drift from what you  
already know.

This booklet doesn't explain.  
It doesn't instruct. It simply  
offers a place to notice.

You don't need to understand.

You only need to listen,  
To your self.

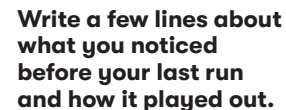


**Before your next run, stand still for 30 seconds. Name three things you feel (body, breath, mood) without judgment.**



- How often do you check in before running?
- Does your mindset at the start predict the run's feel?

Starting where you are means meeting your current state without judgment. If you're tired, acknowledge it and adapt. If you're buzzing with energy, use it but don't burn it all in the first kilometre. By noticing first and acting second, you set yourself up for a steadier, more responsive run.

[illegible]

# CHAPTER 2:

## Listening to Your First Coach - Your Body



**Note one change you made during a run and its effect.**

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Your body gives constant feedback, and the signals are rarely wrong. Tension in your shoulders, a bouncing stride, a drifting posture – these are cues, not problems.

A mid-run scan can reveal patterns:  
**Are your arms swinging evenly? Is one foot landing heavier? Are you holding your breath without realising?**

Instead of trying to correct everything at once, pick one thing and adjust gently. Often, one small release – like dropping the shoulders – cascades into other improvements.



Check box

☐

### Try This

Every 5 minutes, do a quick scan:

**head → shoulders → arms  
→ hips → legs.**

**Adjust one thing.**



Check box

☐

### Reflection

- Which sensations make you slow down? Speed up?
- What happens when you release tension?

# CHAPTER 3:

## Breath as Your Running Partner



### Try This

Match steps to your breath for one mile, adjusting naturally to terrain.

Check box  
☐



### Reflection

- When does your breath feel most free?
- How do changes in breath shift your mood?

Check box  
☐

Breath is the most honest coach you'll ever have. It responds instantly to effort, terrain, and your inner state. Instead of pushing pace and forcing breath to keep up, try letting breath lead.

Notice your rhythm: on flat ground at an easy pace, you might naturally fall into a 3-3 pattern (inhale three steps, exhale three). Climbing might shorten this to 2-2; a downhill might lengthen it to 4-4. There's no "right" number – the goal is to listen and respond.

Breath also shows where you're bracing. If your exhale is tight, check for tension in the jaw or shoulders. If inhale feels shallow, relax your belly and ribs.



**Describe a moment when breath helped you stay steady.**

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# CHAPTER 4:

## Rhythm, Flow, and the Ground Beneath You



**Recall a run when you felt “in flow” — what was happening around and within you?**

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Running is more than forward motion — it’s a conversation with the ground. When you land softly, let your stride cycle smoothly, and keep tension low, the ground returns energy to you. Rhythm emerges naturally when you stop forcing it.

Instead of chasing cadence numbers, focus on sound and feel. Quiet feet, light hips, and relaxed arms set a natural tempo. On trails, imagine your feet “listening” before they land. On roads, aim for even, flowing beats.



### Try This

Check box

☐

**Run for 2 minutes focusing on quiet landings, then return to normal running.**



Check box

☐

### Reflection

- How does rhythm shift on different surfaces?
- What helps it return when lost?



**Check box**

☐

Rather than resist, collaborate. Thank the conditions for what they bring, even if they challenge you. Each run becomes richer when you include your surroundings.



- Check box**
- ☐



**Write about a time the environment turned a run into something memorable.**

[illegible]

# CHAPTER 6:

## Recovery That Builds Connection



**Make a one-line  
recovery checklist  
you'll actually follow.**

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Recovery is part of running, not separate from it. What you do after a run shapes how you feel tomorrow. Connection continues when you give your body the tools it needs to adapt.

Simple actions like hydration, gentle mobility, and mindful rest keep you in tune. Instead of seeing recovery as downtime, see it as the quieter side of training.



### Try This

Check  
box

☐

**Within 30 minutes  
post-run: hydrate,  
stretch for 2 minutes,  
and rest for 5.**



Check  
box

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### Reflection

- Which recovery habits give you the best return?
- How does good recovery change your next run?

## CHAPTER 7: | Living the Connected Runner Way



**Check box**

☐

Choose one small habit – a pre-run check-in, a breath rhythm, or a post-run gratitude moment – and make it part of your week. Over time, these little acts accumulate into something bigger.



- Check box**



**Describe how running with more awareness has changed your life outside sport.**

[illegible]

# Conclusion

# Your Connected Journey

Connection grows step by step. Keep noticing, keep including, and your running will become a richer conversation between you and the world.

This workbook is a place to record that journey — one you can revisit and add to over time.

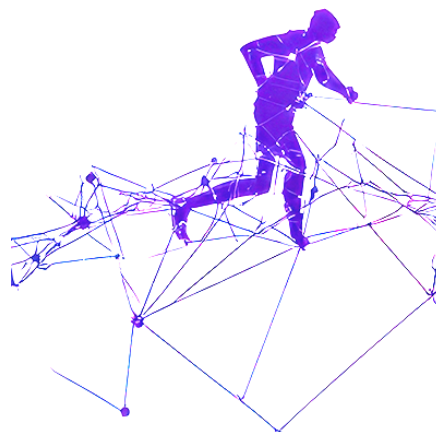
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