

This newsletter is brought to you by meatballs, running in the rain, and looking back only to do a sidewalk superman. If you enjoy it, I'd be grateful if you could share with one or two others!

Chebet's 5k world record

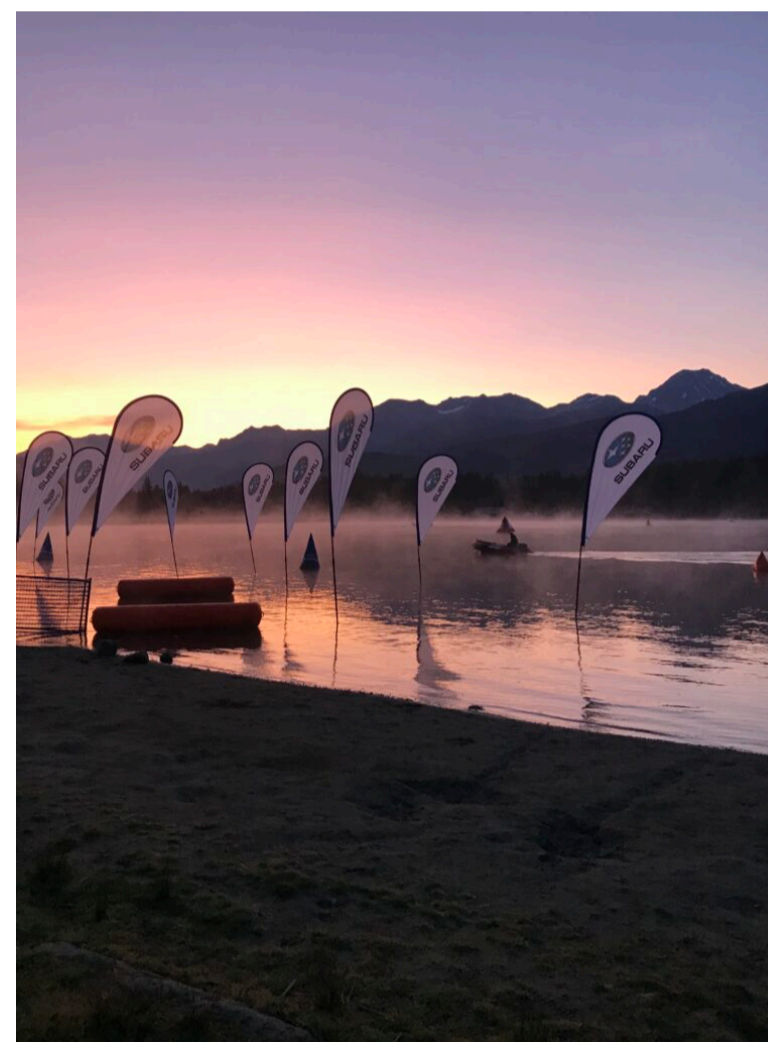
On December 31 2023, Beatrice Chebet set a new women's world record in the road 5k, clocking a 14:13 in Barcelona. Today, 12 months later, she lowered the 5k record once again, on the same course in Barcelona, [running a jaw-dropping 13:54](#). Almost 20 seconds is a lot of time to drop, especially for a professional! She also set a 10k world record earlier this year, running a 28:54 at the Prefontaine Classic in Oregon. I am not one to speculate on why or how she has smashed the previous world records by so much, but it's clear that you need speed to run that fast, even though a 5k is primarily an endurance event.

In [a 2023 interview](#), after setting a personal record in the track 5k, she was asked, how have you managed to stay so energetic at the end of a long season? Her response: "What I can say is just to believe in myself and say I can do... because our world records come anytime... anything is possible."

Coaching snapshot: reflecting!

Inspired by [this article](#) on the reflective practices used by international-level coaches, here are some questions to help you start reflecting:

- What emotions does "reflecting" bring up for you?
- What was your favorite training session in the past year?
- What training mistakes did you make?
- What did you learn about yourself?
- How did you engage with the sport community? Who influenced or inspired you?
- What races or events do you want to do this upcoming year?



What questions do you have about training and racing? Reply to this newsletter or [email me](#), and I'll answer one in a few weeks (happily got a little backup now!).

Let your friends know that I'm taking just a couple more athletes! I'm looking to work with runners and triathletes and depend on you to help spread the word :) Send them to my [website](#) to submit an inquiry or just pass along my email. Thank you so so much!

Lemon Cake

This is a bit of an operation but so worth it. For me, lemons and blueberries bring freshness to the new year!

Ingredients (see recipe link for amounts, this includes ingredients to make the [lemon curd filling](#) and chocolate icing): butter, oil, sugar, eggs, milk or buttermilk, lemons (four), flour, baking powder, vanilla extract, whipping cream, blueberry jam, chocolate.

[Recipe here!](#)



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