

Privacy Policy

Effective Date: 24 August 2026

1. Introduction

Your privacy matters. This policy explains how I collect, use, and protect your personal information when you visit my website or use my coaching services for running and endurance training.

2. Information I Collect

- **Personal details** such as your name, email address, and contact information when you sign up for coaching or subscribe to updates.
- **Training data** you choose to share, including fitness goals, running history, performance metrics, and feedback.
- **Technical information** like cookies, IP addresses, and browser type, collected automatically to improve website functionality.

3. How I Use Your Information

- To provide personalized coaching services and training plans.
- To communicate with you about sessions, updates, or relevant resources.
- To improve the website and overall user experience.
- To comply with legal obligations.

4. Sharing of Information

I do not sell or rent your personal information. Data may be shared only with trusted service providers (such as training platforms like FinalSurge) strictly for the purpose of delivering coaching services.

5. Data Security

I take reasonable measures to protect your information from unauthorized access, alteration, or disclosure. However, no online system is completely secure, and I encourage you to use strong passwords and safeguard your own accounts.

6. Your Rights

You have the right to:

- Access the personal data I hold about you.
- Request corrections or updates.
- Withdraw consent or request deletion of your data, subject to legal and contractual obligations.
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7. Cookies

This website may use cookies to enhance functionality and analyse usage. You can disable cookies in your browser settings, though some features may not work as intended.

8. Changes to This Policy

I may update this Privacy Policy from time to time. Any changes will be posted here with a revised effective date.

9. Contact

If you have any questions or concerns about this Privacy Policy, please contact me at: **Email:** nicolettegriffioen@gmail.com