

Huw Jones | Triathlon Coaching

Before starting training with Tim my training was hard and what I thought was focused and beneficial was without any real structure or understanding of the process needed to make any real progress. I had no idea how to allocate my time between the individual sports, structure my workouts properly. My main aim throughout was to lose weight and in doing so get fitter and faster and start working towards longer distance races and it was then that I decided to look for a coach.

I think the main advantage that a coach gives you is: -

1. Accountability - which for me is very important as it's easy to fall in the trap of making excuses to not do a session or go easier on a session than you should be or vice versa go too hard on a session when you should be taking it easy and recovering.
2. Structure – A plan that fits around both my working and home life and striking the balance between achieving goals and aspirations and allowing it to work and mould around family life. This is honestly probably one of the hardest parts of training whilst trying to ensure I meet the needs of my family.
3. Guidance and Support – someone you call upon when you have an issue or you're not sure about something and they can give you guidance and feedback. For me the mental health aspect is very important and Tim really understands this and knows if I'm not doing so well or feeling great he knows how to cheer me on and push me on. Tim also recognises and understands when he needs to give me a call and put on the straight and narrow or just check up on me and I think that's the sign of a great coach.

With Tim I can honestly say that I enjoy my training, not only does it constantly challenge me daily, but it gives me the headspace I need to be a good father and husband. My fitness has improved expediently and with the use of Training Peaks it is tracked, and my plan can be continuously developed and adapted as inevitably life gets in the way. If you have any doubts about getting a coach all I can say is give it a go, with Tim not only will you be getting a great coach, you will end up with a good friend who will support, mentor and encourage you on your way to achieving your goals!

Simon Cole | Triathlon Coaching

Tim has been my coach for over a year now. As a budding Duathlete who struggled with longer distance runs and plateaued in terms of performance on the bike, Tim put together a plan to fit in around my other commitments to help in both disciplines.

The weekly training regime that Tim develops for me is a mixture of strength and conditioning, build sessions and recovery sessions. Strength and conditioning was something that never occurred to me and with Tim, those sessions certainly put you through your paces in a safe and efficient manner to allow you to come out of the other side of it with enhanced performance and all round strength. At the end of it all, Tim analyses the data from the session, uses it to provide constructive feedback and that forms the basis for developing the next training block so it's easy to see how you've developed over time.

Over a year ago, I was faced with the dilemma of buying a new bike or becoming a new me. The old me trusted Tim and I will never look back on that decision. Make the choice and invest in yourself.



Andy Disley | Triathlon Coaching

If you want to significantly improve your fitness and transform your athletic performance, I can highly recommend engaging Tim to support you.

I had been competing in triathlon for over 10 years when I met Tim. I was looking to step up to full Ironman distance for the first time and needed some guidance on how to approach training and race day. Completing that Ironman turned out to be just the start of a significant transformation not just in my approach to training but also in my performances.

I have since moved back to Australia, but Tim continues to be the catalyst for significant and sustained progress across all three disciplines. His personalised training program is not only tailored to my individual needs, but also structured to achieve my specific goals. Continuous measurement and evaluation keep me on track, and regular check-ins ensure my progress is sustainable. As a result, at 46 years old I am in the form of my life, recently qualifying for the Ironman 70.3 World Championships.

Whatever your health and fitness goals, if you have the desire and commitment, Tim will give you the structure and support you need to achieve them.