



1-2-1 Hourly Coaching

There are times when you just need that little extra expert advice. 1-2-1 hourly coaching enables you to receive this advice. What the coaching is on is purely down to you can cover any topics, some of which are listed below:

- **Swimming**
 - A specialised swim session focusing on any specifics that you require, from a technique session through to a CSS session.

- **Biking**
 - As with the swimming, specific session focusing on your specific needs, and can cover any aspect of biking.

- **Running**
 - A specialised session focusing on any aspect of running, from running drills to a specific run session.

- **Nutrition**
 - Any specific advice around nutritional needs for racing



- Mentoring
 - You may already be a coach and would like to gain some knowledge about how to progress within your own coaching career.

All sessions are purely customer lead.