



Find a Coach

Name: Alix Sinclair

Location: Taupo

Contact details: 021 624 950 or alix@nzhealthyhabits.co.nz

Coaching qualifications (all sports): NZQA certified fitness instructor, Level 1 coach (Tri NZ), Assistant swim coach (Swimming NZ), Swim Teacher (Swimming NZ)

Specialist knowledge: Running, swimming coaching, core conditioning

Competitive experience in triathlon: 3 iron man triathlons, 3 half Ironman tri's, 10 ultra marathons, 30 marathons

Triathlete groups (e.g., youth) you prefer to coach (optional): all athletes welcome, currently coach adults and youth

Website: currently being updated (TBA)