



## Find a Coach

**Name:** Andrew Mackay

**Location:** Auckland, New Zealand

**Contact details: e-mail:** [andymackay1@hotmail.com](mailto:andymackay1@hotmail.com)

**Cell:** 021 415 787 **Home:** 09 441 2484

**Coaching experience (triathlon):** I have been coaching people in triathlon since 2007, all with varying abilities and taking part in a range of events.

**Coaching qualifications (all sports):** Tri NZ Level 1

**Specialist knowledge:**

**Swimming** is my background, having been coached by Duncan Laing when I was a competitive swimmer. I have good understanding of putting together swim programmes to challenge all individuals or can provide one on one coaching sessions to work on technique. If you want to step ahead of the competition then contact me to take you for an open water session guaranteed to give you greater confidence at events.

**Cycling with power** – I have attended a seminar taken by Hunter Allen on training and racing with a power meter and currently work with some athletes that use this advanced level of monitoring training which helps them to maximize the time spent on the bike.

**Jack Daniels running philosophy**– I instigate Jack Daniels' training methodology with the athletes I work with. If you don't know what this is you will learn this as you progress.

**Nutrition** – is a key part to training and recovery, especially on race day so that you can get the most out of yourself. I will teach you the key aspects to this crucial area.



Triathlon New Zealand Inc.

**A:** 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

**T:** +64 9 524 6959 **F:** +64 9 524 6957 **E:** [info@triathlon.org.nz](mailto:info@triathlon.org.nz) **W:** [www.triathlon.org.nz](http://www.triathlon.org.nz)





**Competitive experience in triathlon:** Having competed for a number of years in NZ, Australia, Asia and the US I have vast experience in the sport and enjoy sharing what I have learnt to my athletes.

**Career highlights include:**

- 9:12:53 @ Ironman NZ
- Hawaii 70.3 – 4<sup>th</sup> Pro 2008
- 3 Top 10 finishes at Tauranga Half IM
- 3<sup>rd</sup> Snap Half IM series Australia 06-07
- Ironman World Champs 2009
- 2<sup>nd</sup> Nationals – Olympic Distance 2010

**Triathlete groups I prefer to coach:** I have worked with adults between the ages of 18-65 years that have had goals from completing their first triathlon to very competitive age group athletes. All athletes have had varying amounts of time for training and I always aim to balance the commitments of work, family and other interests to help them best achieve their personal goal and to ensure that their training is enjoyable.

I am happy to work with school-aged athletes that are looking to progress in the sport of triathlon but firstly the athlete must be achieving the academic requirements at school.

**Website:** [www.fitter.co.nz](http://www.fitter.co.nz) for testimonials and other helpful information



**Triathlon New Zealand Inc.**

**A:** 67 Davis Crescent, Newmarket, Auckland 1023, PO Box 128-509, Remuera, Auckland 1541

**T:** +64 9 524 6959 **F:** +64 9 524 6957 **E:** [info@triathlon.org.nz](mailto:info@triathlon.org.nz) **W:** [www.triathlon.org.nz](http://www.triathlon.org.nz)

