



## Find a Coach

**Name:** Arno Grueber

**Location:** Christchurch

**Contact details:** 02102225766

**Coaching experience (triathlon):** Social Adults, People with mental and intellectual disabilities, Beginners, middle and long distance triathlon

**Coaching qualifications (all sports):** Swimming, Sports with Disabilities, Personal Training, Degree in Physical Education

**Specialist knowledge:** Nutrition, Massage, Peak performance programming, sports specific strength training

**Competitive experience in triathlon:** German league Olympic distance, Long distance (6 IRONMAN around world in around 11hrs)

**Triathlete groups (e.g., youth) I prefer to coach:** social adults, beginners, motivated youth, people with disabilities

**Website:** N/A.