



## Find a Coach

# **FITNESS** **LOCKER**

COACHING . TRAINING . RACING

Name: **Ben Eitelberg**

Location: Based in **Auckland** (Central) and service **North Island**

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Coaching experience (triathlon):

Multiple years of **triathlon & running** coaching, and **core strength** training

Coaching qualifications (all sports): **Tri NZ Level 1 accredited coach, Bike NZ Level 1 MTB accredited coach**

Specialist knowledge:

**Triathlon** – on & off road, **MTB**, **Running** (Natural Running Principles), **Core Strength**

Competitive experience in triathlon:

**16 years multisport experience** and still competing – Aquathlon, Duathlon and Triathlon (sprint, Olympic, & long distances, both on & off-road)

**South Africa** (2003) and **New Zealand** (2008 & 2009) **Age Group Representative** at World Triathlon Championships (Sprint & Olympic distances)

Triathlete groups I prefer to coach:

**Off road triathlon** – it's not simply a matter of a different bike & pair of shoes! New skills need to be learnt on the MTB as well as efficiency for trail running.

My preference is across 2 broad areas, irrespective of discipline, distance and whether on or off road:

- **Beginner & Intermediate Adults** (18 years & above) – introducing an athlete to their first triathlon and assisting in both their **competence and confidence**.
- **Intermediate & Experienced Adults** – **fine-tuning and challenging** their existing level, targeting specific goals including world championship performance.

Website: [www.fitnesslocker.co.nz](http://www.fitnesslocker.co.nz)



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