



Find a Coach

Name: Ben Pulham

Location:

- Singapore

Contact details:

- ben@racers-toolbox.com

Coaching experience (triathlon):

- 19 years racing at all levels
- 8+ years coaching amateur athletes

Coaching qualifications (all sports):

- Tri NZ level one
- Racers' Toolbox coaching certificate

Specialist knowledge:

- Training the body to become more efficient at using fat for energy
- Race execution

Competitive experience in triathlon:

- Raced all levels from Junior through to world cup and Olympic selection events

Triathlete groups I prefer to coach:

- Athletes balancing families and work etc

Website: www.racers-toolbox.com



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 W: www.triathlon.org.nz

