



## Find a Coach

**Name: Brendon Downey**

**Location: Auckland**

**Contact details: 021 190 0536, 09 5233710, skype: brendondowney, [brendon@marathontraining.co.nz](mailto:brendon@marathontraining.co.nz)**

**Coaching experience (triathlon): Accredited Coach Since 1991, have coached 3 athletes to the Olympic Games, One athlete to UCI World Junior Cycling Title, World Junior Silver Medalist, multiple national champions, world cup podiums, Oceania Champions and more. I have coached approx 300+ Ironman finishers (at all levels). I have also coached numerous national age-group winners and world championship representatives.**

**Coaching qualifications (all sports): Tri NZ Level 2, Triathlon Australia Level 2**

**Specialist knowledge: Exercise Physiology, Exercise Prescription**

**Competitive experience in triathlon: National Champion 1991, National Junior Champion 1988, Sub 9 for Ironman**

**Triathlete groups I prefer to coach: Sprint to Ironman. If you are serious about improving, contact me.**

**Website: [ww.endurancecoach.com](http://ww.endurancecoach.com) or [www.marathontraining.co.nz](http://www.marathontraining.co.nz)**



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