



Find a Coach

Name: George Hilgeholt

Location: Auckland

Contact details: 09-62461249; 021 323 488

Coaching experience (triathlon): Operates a Professional Coaching and Training company called TACT (Triathlon Age-group Coaching & Training), Auckland City Tri Club Coach; Individual triathletes: Sprint distance, Olympic distance, Long and Ultra-Long distance

Coaching qualifications (all sports): Tri NZ Level 2

Specialist interests: Tailor suited Training Programmes for Running, Swim technique, Bike set-up for triathlon

Competitive experience in triathlon: Since 1981, Multi World Championships in Olympic Distance, Long Distance, Ultra Distance

Triathlete groups I prefer to coach: Committed, motivated and long-term goal triathletes

Website: www.tactnz.co.nz