



Find a Coach

Name: Mirko Zill
Born: 03.12.1969
Location: Hamburg / Germany
Contact details: coach.mik@worksportbalance.com
Phone: +64 (0)4 8892060

Coaching experience (triathlon):

I am a Tri NZ Level 1 Accredited Coach and currently coaching Tri Squads (age groups) for different triathlon clubs in Germany, with the aim to help them succeed while racing in triathlon competitions all over the world from sprint to long distance.



Coaching qualifications (all sports):

I am a personal trainer and fitness coach since 20 years, which gave me a good background in coaching and session planning skills. My general physical education and fitness qualification is the base for the challenging tasks during the athlete-centered coaching process of age group triathletes.

Specialist knowledge:

Based on my background as a former Muay Thai boxer, personal trainer and fitness coach, I have a sound understanding of the human metabolism and muscular body structure. However, I consider my strength is an experience-based (backed up by many hours of lectures during various training courses) understanding of how core strength workout, stretching and cross training of many different sports can benefit performance in competitive triathlon and avoid injury from scratch.



Competitive experience in triathlon:

I have been racing in triathlons, duathlons and X-terra (off road triathlon) over all distances from sprint to long distance (Ironman) and will continue competing as an age grouper. My racing has taken me all over Europe and also overseas.

Triathlete groups I prefer to coach:

I have got no preference for coaching special tri squads, but I like to work with age group athletes, because it's more than challenging to train effectively while having a fulltime job. Hence, most of my coaching is for age groupers starting from 25 years and older.

Website: www.worksportbalance.com

My motto: "The more you sweat in training - the less you'll bleed in battle!"



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

