



Find a Coach

Name: Ray Pitch

Location: Panmure, Auckland

Contact details: 0800-021901 or ray@vo2lt.com

Coaching experience (triathlon): About 5 years mentoring

Coaching qualifications (all sports): Tri NZ L1, Swim NZ L1, PostGradDip in Metabolic science & research.

Specialist knowledge: Specialise in metabolic testing, VO2 & LT (AT) measurement for sports performance and weight/health management. Happy to work with your “main” or other specialist coaches to guide them in tuning your program around your unique metabolism.

Competitive experience in triathlon: 20 years, 9 IM finishes in NZ, WA & China

Triathlete groups I prefer to coach: Babyboomers, “IronVirgins”, week-end warriors, people ‘returning’ to sport. If you have a dream to complete or compete and have work, family or other commitments I’ve been there & understand.

Website: www.vo2lt.com



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