



Find a Coach

Name: Rebecca Bond

Location: Bangkok, Thailand

Contact details: bond@bkk.loxinfo.co.th

Coaching experience (triathlon): 6 Years

- Currently coaching age group Triathletes for Sprint distance to Half Ironman length races.
- Coaching Triathlon Club swim groups
- Coaching private individual swim sessions

Coaching qualifications (all sports):

- Higher Diploma in Health and Fitness
- Tri NZ Level 1 (currently registered on Level 2 programme)
- ITU Level 1 Club & Community Coach
- CSCS Certified Strength and Conditioning Specialist
- ASCA (American Swimming Coach Association) Level 2
- Tri NZ Endorsed Swim Coach

Competitive experience in triathlon and other sports:

- 10 years racing in Triathlons from Sprint to Half Ironman Distances.
- Multi Day adventure races including Speights Coast to Coast, Mild Seven Outdoor Quest and Action Asia one-day races.
- 1st Place women's team 24hr Mountain bike race Thailand

Triathlete groups I prefer to coach:

All triathletes from beginners to experienced athletes for all race distances. Currently also distance coaching athletes based in Asia

Website http://web.me.com/tbond/ATP_Training/Home.html



Triathlon New Zealand Inc.

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