



Find a Coach

Name: Scott McGregor

Location: Takapuna, Auckland, New Zealand

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Coaching experience (triathlon):

I am experienced at coaching beginners and intermediate level athletes seeking to take their results to the next level. A particular strength is my interest in conducting one on one training sessions, where I can share my knowledge of triathlon skills - such as transition training sessions.



Recent coaching highlights include coaching a male beginner to complete his first standard distance tri, he even lost 15kg prior to his wedding. I have also supported a female beginner to finish two duathlons. She then went on to write a great article about her race for NZ Tri and Multisport magazine. Another female beginner finished her first sprint tri after a 16-week programme, despite an earthquake and a nasty flu!

For a different female beginner, who already had a strong sporting background, I was able to help her with a 4-week strength and speed programme after which she finished strongly in her first standard distance tri. I have also been working with a female runner who has completed two half marathons and is aiming to break 4hrs at the Auckland Marathon this year.

Coaching qualifications (all sports): Tri NZ Level 1 accredited coach

Specialist knowledge: Triathlon

Competitive experience in triathlon:

- A regular on the AKL and NZ Tri scene for a few years now ☺
- Gold Medal at the National Champs in Wellington (2009) in the 25-29 Age Group
- PR = 2hr00min; Age Group World Champs in Vancouver (2008), Australia (2009), Budapest (2010). PR = 1hr58min
- One year training and racing in France (2010)
- New Plymouth Half Ironman (2011). 4hr33min
- Ironman NZ in Taupo (2011). 9hr52min

Triathlete groups I prefer to coach: Intermediate level athletes seeking to take their results to the next level.



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