



Find a Coach

Name: Richard Matheson

Location: Dunedin

Contact details: 0274280507

Coaching experience (triathlon): Was director of successful subcontracting company One2onemultisport and Kayak Ergometer NZ. Sold KayakPro ergometers used at the Olympic Games. Have a wealth of coaching experience (have coached a number of athletes to line honours in triathlon races.) I am 25 years old and have already done a lot at the top of triathlon and multisport coaching in New Zealand working with top athletes and helping them to succeed at the top level.

Coaching qualifications (all sports): Triathlon New Zealand Level 1 Accreditation. Currently studying towards a Bachelor of Physiology at Otago University.

Other notable qualifications: Land Surveyor with a Bachelor of Surveying from Otago University.

Specialist knowledge: Postural aspects, kayaking technique and Duathlon training. Specialist brick sessions and interval training.

Competitive experience in triathlon: New Zealand Representative at World Championship Duathlon. 9th in World Long Course Champs in 2007

Triathlete groups I prefer to coach: Anyone. Generally enthusiastic people who want to succeed. If you want a good coach come to me, I am continually checking up on your progress and pay every attention to detail.

Websites: www.mathesonmultisport.co.nz coming soon.



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