



Find a Coach

Name: Richard Greer

Location: Christchurch

Contact details: 021 051 0071

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Coaching experience (triathlon): Coached competitive and social adults towards both short and long distance triathlons since 2007

Coaching qualifications (all sports): I am the Programme Manager for the Southern Institute of Technologies High Performance Sport and Personal Training programmes. I am involved in teaching up-and-coming coaches and trainers.

Specialist knowledge: I have completed both a Bachelor of Science majoring Human physiology and a Bachelor of Physical Education majoring in Exercise Prescription.

I specialize in cycling technique and constructing training programmes that fit with an individual's lifestyle to allow success. I am also interested in performance psychology and helping athletes to perform at their best on a consistent basis.

Competitive experience in triathlon: Competed in Multisport to an elite level since 1999

Triathlete groups I prefer to coach: Competitive and social adults

Website: www.completeperformance.co.nz



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