

"Brian's training programs work because they are individually tailored to you and your lifestyle. The training emphasises gradual adaptation with plenty of recovery, which allows you to work at higher thresholds in competition without injury. I improved my running times significantly over a two-year period and took 20 minutes off my Olympic Distance Triathlon course time over 12 months. Brian understands athletes and is a great communicator and role model. Thanks Brian."

- Jackie Warrick - August 2008