

“Firstly I would like to say a big thank you for helping me achieve my goals. When I came to you I had competed in a couple of half Ironman races and one Ironman. Those races were a struggle because the training I had in the past was not specific to me. Under your expert training and guidance, I have greatly improved my bike and run times. My race times have improved consistently during my time with you and the races have become more enjoyable as a result. Thanks for helping me on my Ironman adventure.”

.....Michelle Wakka, October 2007