

“Brian, over the last 18 months or so since I started on your programme I’ve seen significant improvement in two key areas; I’ve got quicker in the key races I’ve targeted (half Ironman) and suffered far less from injuries. I used to spend just as much time training prior to the programme but the end result was nowhere near as good. I’d like to thank you for your professionalism and enthusiasm and happy racing!”

.....Steve Banning, November 2007