

Personal Triathlon & Multisport Performance Coaching

Have you reached a point in your training where you've hit a plateau that you don't seem to be able to break? Do you have a challenge that you've undertaken and you need direction to achieve your goal by the most effective means possible? Are you worried that you're not doing what you need to do right now in order to be at your best on your big day?

Will Newton Multisport Personal Coaching can provide you with the confidence that you're making the best use of your time, doing the best training that you could be doing and more importantly, that you're on track to achieve your goal.

Your training plan is delivered using cutting edge online diary technology, which allows you to keep me up to date with your training so that I can make changes if necessary. Also included in your Will Newton Multisport Coaching package are regular telephone or Skype calls in which you may ask any questions you have and which I use along with your online diary to gauge how your training is progressing. Of course, you're not limited to your online diary and your calls, you also have unlimited access to email and the forums clarify things you need to know more quickly.

In the last few years, I've progressed my methods of coaching delivery vastly. And I will continue to do so, seeking out the most cutting edge tools I can find and delivering as much value as possible.

Personal Performance Coaching Fees

Contact me to discuss your multisport coaching requirements

