

Multisport Training Plans

Not everyone wants, needs or can afford a personal coach. Nor can I coach everyone - I have a limit of 30 clients to ensure that I can keep up with everyone.

Will Newton Multisport Coaching training plans are a new service aimed at providing more than just a piece of paper with some vague sessions, but rather plans which are written with specific sports and distances in mind. What's more, any plan can be customised specifically to your needs.

Plans are delivered using a cutting edge online diary which is yours to keep. You will also receive all applicable swim, turbo and running sessions as well as explanatory notes to help you make the most of your plan.

This service is coming soon.