

Rob Searle

Coach and Fitness Instructor

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I am a former UK National Squad Triathlete who has competed in short course, long course and Ironman Triathlons. I have raced in cycling time trials from 10 miles to 100 miles to 12 hour events and have competed in 10km and half-marathon runs.

With a First Class Honours Degree in Sport Science and a sporting background, I have both the academic and actual training/racing knowledge and experience to help, assist and coach others. This combination is vital in order to understand the sports performer's needs, emotional highs and lows, and to be in a position to provide effective assistance.

I have coached triathlon clubs and a wide range of individuals in various sports.

Coaching Elements

The key areas I focus on are:

1. **Training schedules** – Seasonal (3 monthly), monthly, bi-weekly or weekly schedules. The preparation of detailed schedules and a 1:1 session to explain the reasoning behind the schedule and it's components. Schedules are personalised and can allow for people returning from injury, starting a new sport whilst wanting to remain competitive in their main sport, or increasing the number of training sessions.
2. **Goal setting** – Training, race and personal goals. Explanation of the process to set training goals and how to monitor performance against goals. Help to set race and /or personal goals and the integration of these goals into training schedules.
3. **Training techniques** – The explanation of how to use combinations of distances and intensities to obtain different results and how to improve performance.
4. **Diet needs and fluid intake** – Pre-, post- and during training and racing. Advice on when to eat/drink prior to training/racing and for optimum recovery. Advice on food and drink intake for long races in varied climates.
5. **Mental preparation** – Relaxation, motivation and focusing techniques. How to prepare for races and training; to relax, keep focused and mental rehearsal.
6. **Stretching techniques** - Advice on how and when to stretch to help prevent injuries and aid recovery.
7. **Weight training** – As an aid for an endurance athlete. Explanation of the benefits and advantages of incorporating weight training as part of your training schedule.

Process

Initial training schedule:

The preparation of an initial training schedule will follow the process below:

1. An Hour long 1:1 session to:
 - a. assess your current status,
 - b. establish your needs, aims and objectives
 - c. understand your time available for training
2. Development of tailored training schedule
3. An Hour long 1:1 session to:
 - a. discuss the training schedule and the training techniques
 - b. outline how to set goals in training
 - c. agree how to monitor performance against goals

Updating training schedule:

Once the initial training schedule has been developed, I can work with you to review progress and review your aims, objectives and needs in hour long 1:1 sessions. Training schedules can be updated and posted to you. The new schedule will include an explanation of changes made.

The updated schedule can be discussed in an additional 1:1 session.

Additional sessions:

Additional hour long 1:1 sessions can be arranged to cover:

1. Diet and fluid intake
2. Training techniques
3. Mental preparation
4. Goal setting
5. Preparing for races/tapering
6. Stretching techniques
7. Weight training