



Elite Athlete Swim & Triathlon Coaching by **Trisutto Coach - Cameron Watt**

ABOUT CAMERON

Former Professional Ironman athlete competing in races throughout Australia, Europe & North America. After retiring from racing in 2009, he crossed over to Cycling, becoming Manager and Director Sportif of the highly successful UCI Continental Team Budget Forklifts.

SWIM SQUAD

Training with other elite and professional triathletes, these sessions will range from 4km to 6km. Focusing techniques needed for open water swimming.

TRIATHLON COACHING

Personalised training plans with regular coach feedback, including race planning, tapering and execution.

LOCATION

Ferny Hills Swimming Pool
Ferny Way, Ferny Hills QLD

TIMES

Monday, Tuesday, Thursday, Friday
7.30am

FOR MORE INFO

Trisutto Coaching Director
robbie@trisutto.com
or
www.trisutto.com

