



Get Elite Swim & Triathlon Coaching by **Trisutto Coach - Jo Spindler**

ABOUT JO

Jo is a former Ironman athlete and one of Germany's most accomplished long distance triathlon trainers. He was the previously Head Coach at TeamTBB before taking on the position of Trisutto Head European Coach. Jo bases his professional & age group squads between Spain and Switzerland. He speaks English and German.

SWIM SQUAD

Training along side 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

Campus Sursee
Leidenbergstrasse 17, 6208
Oberkirch, Switzerland

TIMES

Available on enquiry.

MEMBERSHIPS

- Swim Squad - weekly & monthly
- Tri Squad - weekly & monthly

FOR MORE INFO

Trisutto Coaching Director
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or
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