



**"NO-ONE HAS
PRODUCED MORE
WINNING TRIATHLETES
IN THE HISTORY OF
OUR SPORT"**

REFLECTING ON 35 YEARS OF COACHING EXCELLENCE

After more than three decades of shaping champions in triathlon, Coach Brett Sutton was recently asked about the biggest changes he's made to his training methods since he began. His answer was straightforward: ***"I've seen countless changes in everyone else's training, but very few in my own."***

Whilst acknowledging minor adjustments over the years, the core principles he used to coach his first triathlon world champions in the 1990s remain largely unchanged.

Revisiting his training manual and decades of notes before each season, Brett finds both preparation and positive reinforcement in this annual review.

"Before each season, I re-read my own training manual to prepare for the coming year as if it were my first. No one has read it more than I have, and this review readies me for the up-coming task of making athletes improve."

This dedication to foundational methods allows him to approach every season with renewed focus, using his deep experience to guide athletes to their best. The enduring strength of Trisutto's methods lies in this consistency, proving that true progress comes from mastering and refining the basics.

We congratulate Coach Brett on recently renewing his contract with Triathlon China and look forward to following their progress.

COACHING MANUAL & CERTIFICATION



COACHING CERTIFICATION

The Trisutto Certification Course is built from the foundational training manual and notes crafted by Coach Brett Sutton.

- 1) Online Learning Module**
- 2) Feedback for review**
- 3) Mentorship while studying with a Senior Trisutto Coach**

'Good coaches are decisive. They believe in their program and stick to it. They don't jump from one training fad to the next looking for easy speed.'

The Trisutto Coaching Certification goes beyond other online courses as we believe that coaching is a lifelong commitment to learning and improving one's believe that coaching is a lifelong commitment to learning and improving one's skills. Learn the approach and training philosophies of triathlon's most successful coaching methodology. [trisutto.com/certification](https://www.trisutto.com/certification)

'I want to reiterate that for me this is a huge satisfaction, because I think Trisutto is the best in the world as a coaching academy. The presence of coach Rob during my syllabus was a great help to me and knowing that I was followed by a mentor of this level allowed me to perfect my preparation to the fullest! Just like in IronMan races, the course was challenging, but when you are under the finish you wish it would never end! :)' - STEFANO LA CARA



QUICK REFERENCE GUIDE - FUNDAMENTAL TRAINING PRINCIPLES

Navigate our extensive library of 350 articles with this curated guide featuring our 50 most essential articles to enhance your reading experience and understanding of the [Trisutto Training Principles](#).

- Swim / Bike / Run training specifics
- Overall Program Structure
- Training Philosophies
- Recovery
- Nutrition

TRISUTTO TRAINING PLANS



We remove the complexity, so you can enjoy the results. Trisutto Training Plans are designed for athletes of all levels and cover every race distance.

A reminder that if you purchase your training plan at trisutto.com you will receive 20% discount on your purchase with code **trisutto20** during the checkout, and will also receive the Trainingpeaks version for FREE (by emailing robbie@trisutto.com)

Trisutto training plans at Trainingpeaks.com

- Plans integrate directly into your training calendar (free TrainingPeaks account included)
- Upload run and bike workouts to devices (e.g. GPS enabled watch, Zwift, etc)
- Are accessible on TrainingPeaks mobile app, with automated reminders of upcoming workouts.

2025 TRAINING CAMPS

Led by passionate and dedicated coaches, Trisutto Triathlon Camps are designed for triathletes of all abilities. Train alongside like-minded individuals in stunning locations such as Lanzarote, Mallorca, Vilamoura and Scottsdale.

Discover the proven methodologies that have propelled athletes to the highest levels in triathlon and elevate your performance to new heights.



Do you have friends or athletes in training who would enjoy this newsletter? We appreciate your support and for sharing our message of proven, common sense training advice. Thanks, and see you next time.



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St Moritz, Switzerland

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