

Superb coaching skills ...

Contributed by Kelly Parham
Wednesday, 02 August 2006
Last Updated Monday, 12 March 2007

"Allan Besselink's superb coaching skills helped me take my triathlon training to the next level! I am a full-time professional who races as an amateur triathlete. My biggest struggle was trying to find the time to train and compete while maintaining a more than full time career. Allan's coaching plans helped me train less total hours with better results. I was able to reduce my half Ironman time by 30 minutes with a reduced training schedule. He taught me that the quality of the training session is more important than the quantity of overall sessions. I highly recommend Allan because he provides a combination of coaching, mentoring, and he really listens to what you need as an athlete."

Kelly Parham, Austin, TX