

Triathlon Mentoring

with leading coach
Tim Williams

Now available in our **Advance
Performance Cambridge branch**

- **Make a real and lasting difference to your performance**
- **One-to-one bespoke coaching**
- **Personalised bike set-up**
- **Swimming sessions** (Peterborough)
- **See over to find out more**
– or call **01223 279191** now!



Triathlon Centre



**CRIGHTONS
HYDROPOOL**
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Condition**
MultiSport Coaching Consultants

www.triathloncentre.co.uk

The Triathlon Centre is proud to offer a unique service

Tim Williams is one of the UK's leading Triathlon coaches

With over 20 years of experience in all three disciplines, Tim Williams is a Level 3 British Triathlon Federation Coach and Coach Tutor and is Head Coach at Cambridge Triathlon Club and the British Triathlon Eastern Regional Academy. He has been involved in coaching numerous elite and semi-professional triathletes and cyclists, including:

- Emma Pooley, World time trial champion and Olympic silver medallist
- Lucy Gossage, best British amateur at Hawaii Ironman and overall winner Ironman Ireland 70.3
- Heather Williams, British elite triathlon champion
- Wojciech Szlachta, British Universities road cycling champion
- Will and Rosie Clarke, Junior triathlon champions

Tim is married to Heather Williams, British Triathlon Performance Director.



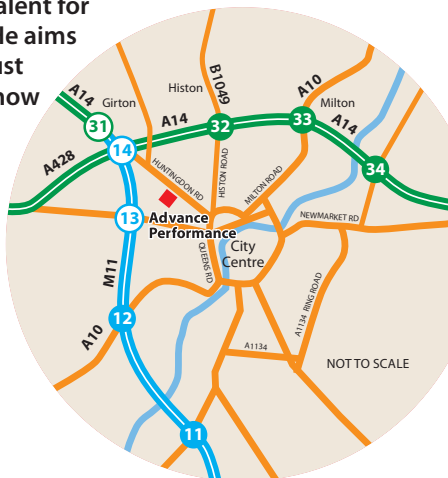
More than just coaching, Triathlon Mentoring offers insights that can make a lasting difference to your performance

Triathlon mentoring with Tim Williams gives you the opportunity to benefit from his experience on a one-to-one basis. Tim has a unique talent for assessing an individual's technique and movement. He aims to improve the understanding of his mentees – not just telling them what to do, but making sure that they know how and why, so they can go on to make lasting improvements.

Tim also offers:

- One-to-one swimming sessions at the Triathlon Centre, Peterborough in a Hydropool.
- Personal bike fitting and set-up, which can make a real difference to performance.

Whether you're just starting out or an elite performer, find out how we can help you – call 01223 279191 now



Triathlon Centre

at Advance Performance Cambridge
Gusto Mill (behind the Beefeater)
Huntingdon Road, Cambridge CB3 0DL
Tel: 01223 279191
www.triathloncentre.co.uk



How to find us

We're located on Huntingdon Road between Cambridge City Centre and Girton, situated behind the Beefeater Restaurant/ Premier Inn and opposite the Felix Hotel. **Bus Routes:** 1A, Citi5, Citi6 (subject to change).



To find out more call 01223 279191 now!