

Amazing Client Story

Becky Wilson

Tri Training 2010 participant and partner training client

“For the tri training program I was starting two types of exercise that I hadn’t had much experience with in the past, so I was looking forward to some professional help with those. Not to mention having the support of a wonderful group of people all working towards a similar goal!”

“I’d thought about doing this for a few years but always had doubt that I could complete one due to the fact that I wasn’t a runner, swimmer, or biker!it was a huge success! I even made it under my goal time...!”

“ I know that I lost inches in all parts of my body. I also dropped weight and gained valuable muscle. The intangible difference is the feeling that I now have for myself. I have more confidence in myself, feel better about myself, and always have a lot more energy. Being more fit has opened up my mind and body to many more opportunities and I’ve never felt more alive!”

“The days I really enjoyed were the days that we simulated a timed run, bike or swim (or all together!) and it felt just as if it would’ve in an actual race. That helped tremendously with my nerves. I was also introduced to a great group of people that I could rely on to help me push harder both mentally and physically, help keep me accountable, and most important of all, be a genuine friend.”



2009



Tri 2010