



MATT WACKETT
Sports Coaching

TRIATHLON COACHING SERVICES

MATT WACKETT COACHING

GET IN TOUCH

If you have specific queries or would simply like to just have a quick chat about coaching or anything seen here, please do give me a

call: 07738 662 016.

AVAILABILITY

Currently I have limited availability for 1:1 coaching and some availability for club or group sessions. Please note that with any 1:1 coaching package Matt Wackett Coaching reserves the right to charge a one-off start-up fee (£75) when taking on a full swim/bike/run package.

*min 4 session blocks.

CLUB OR GROUP COACHING - £25/HR*

Delivering group sessions starts from the reflection on your previous session and adapting to the needs of the club, group, and individuals that attend the sessions. I have been delivering Knutsford Tri Club sessions for over a year following on from nearly 15-years of football coaching. As a triathlete myself, I recognize the fine balance between consistency, progression and variety as key ingredients to successful training plans. This is something I offer to groups or clubs seeking session coaching.

1:1 COACHING

FOUNDATION COACHING PACKAGE £45 PER MONTH

- Free Basic Training Peaks account
- Structured weekly plans & guidance to fit your goals
- Fortnightly call for coach & athlete reflection (30 mins)

FULL SWIM/BIKE/RUN COACHING PACKAGE - £75 PER MONTH

- Free Basic Training Peaks account
- Coach set goals and session/ weekly goals
- Bespoke detailed session plans with pre-activity notes specific to your goals and needs at that time
- Fortnightly call for coach & athlete reflection (30 mins)

1:1 AD HOC CONSULTATION £45/HR

It might be you just fancy a chat with someone other than your coach to gather your thoughts, which is something completely ad hoc and specific to you.