



Profile:

Phillip is a certified ironman coach from Ironman University based out of Tampa Florida. He is also Certified Strength and Conditioning Specialist from National Strength and Conditioning Association based in Colorado Springs, Colorado. Certified Ironman Coach is a comprehensive course which covers in detail the four major disciplines in training and competing in triathlons 1. Swimming 2. Cycling 3. Running and 4. Nutrition and how to build a tailored training unique to each athlete's life circumstances. **Certified Strength and Conditioning Specialists® (CSCS®)** are professionals who apply scientific knowledge to train athletes for the primary goal of improving athletic performance. They conduct sport-specific testing sessions, design and implement safe and effective strength training and conditioning programs and provide guidance regarding nutrition and injury prevention. Phillip enjoys training and competing in long distance triathlons and enjoys working with people in the sport of triathlon.