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COACH PROFILE

Xavier Coppock

Triathlon Australia Level One Accredited Coach

Experience & Background:

I have completed five Ironman races with the highlight being Hawaii 2011. Completing my Ironman in Western Australia was also a highlight for me as once I got to race morning, my famous pre-race vomit started. So every race from then on, whether it be a 70.3 or Ironman distance, nerves always seem to take over and I vomit! Weird but true. Coming from a Football background and making the transition to Triathlons in 2007 meant a lot of hard work, but not just hard work, smart training also to prevent injuries along the way.



Coaching Specialties:

Leaning towards the longer races from 70.3 to Ironman, as that is what I know and what I can teach. I come from a swim, bike, run background from when I was younger (not triathlon based) so feel like I can coach in all three disciplines. Being able to fully customise a program around someone's life is a strength of mine, having full time night shift workers down to part timers means that every program should be different, that's what I do best!

What I enjoy most about coaching:

In the short time that I have been coaching, seeing the satisfaction on my athletes faces as they finish their first race, achieve another PB or even the challenge they give me out on the training track. I also enjoy being asked a lot of questions about why this, why that? It also helps me develop my knowledge and find out the right answer for them. As with the times constantly changing, being able to stay on top of this in the triathlon sense definitely gives you an advantage.

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