

Testimonial for Frank Duncan
By Christiana Glenn (All American Triathlete)

A good coach can write a triathlon program with workouts based on generic numbers and a logical progression of training stress. A great coach figures out what makes an athlete tick, and designs a program to maximize their potential through an individualized approach. It is this aspect that separates Frank Duncan from other well-qualified coaches. Frank views athletes as people, not machines, and realizes the incredible influence of confidence, visualization and mental fortitude on performance.

Right away he was able to help me develop my strengths and improve my weaknesses. Frank takes a holistic approach and is tremendously knowledgeable not only with swim bike and run workouts, but also with technique in all three sports, racing, sports nutrition and equipment selection. Working with Frank has allowed me to focus on the workouts without the added stress of designing a training plan, or figuring out which of the hundreds of online one-size-fits-all plans would work. He is always willing to adjust workouts when necessary, and knows when to push and when to rest. Every workout has a purpose and Frank is conscious of making the most of the training time we have available. Consistency is key, so having a training plan that works with my life, not against it has helped me follow my training and look forward to it each day.

I'll never forget his words of advice before my first triathlon and before every triathlon I have done since: "Have fun!" As athletes we can become so focused on racing and training, that we forget the whole reason we do it in the first place. Frank never loses sight of this, and as such is able to keep athletes fresh and ready for more. Whether your aim is to finish your first sprint triathlon, compete in an Ironman, or race at the elite level, Frank will work tirelessly to help you achieve and exceed your goals.