

Steve James - Commercial Director, Renvale - Palgrave, Suffolk - 38 years old

“ *Over the years I have achieved some pretty good results mainly on a regional level but got close to the top 10 in Elite XC with 2011 being my best year with 11th at the Nat Champs.*

‘What has helped me so much working with Dan is to switch my mind off from continually (over) thinking about my training. This has freed up so much mental capacity.

Without doubt though one of the biggest positives was keeping me calm when I got ill last year with a manky chest infection that wouldn’t shift. This was right at the time when it seemed like every time I jumped on the bike I was getting a new PB, or smashing a race so to get ill for over 4 weeks was a massive downer. Instead of trying to get through it and keep going, Dan helped me get the right amount of time off, rest and then slow recovery at a time when I would have for sure been “panic training” After a couple of races opening up my lungs to race efforts again I was winning week after week and culminating with winning the Eastern and South Eastern Champs in early December.’

Marc Fairclough - Teacher - Leicester, UK - 38 years old

“ *Most notable performances of 2015 20m11 – 10m time trial; 54m14 – 25m time trial*

‘Coaching has given me additional motivation and made me train smarter. Ticking off the sessions means I know I have built a solid foundation, and then fine-tuned what talent I may have to enable me to push my limits and perform at a level better than expected. My PBs were both comprehensively beaten this season (by over a minute for a 10m tt, and over two minutes for a 25m tt. I’ve discussed my goals for next year, including a sub-20m 10m tt – something which I would have never thought possible for someone like me!

David Peter Justus - English / ESL Teacher - Colorado, USA - 47 years old

“ *PR in an Ironman dropping almost 30-minutes, dropped 22-minutes off Half Marathon, almost 2-minutes off 5K. Improved VO2 Max – LRHR over 10-bests to 178. Improved swimming overall fitness.*

‘While I could give a very long explanation, it has worked for me because it takes me out of my comfort zone and allowed me to make gains that I did not think were possible. Moreover, it gave me the confidence to keep trying new training to keep making new gains. At 47-years-old, I am in the best shape of my life now thanks to Dig Deep Coaching.’

Ken Holley - Technology Consultant - Auckland, New Zealand - 53 years old

“ *Peaks Challenge Gold Coast, finished in 9hr 15 minutes – 235km and 4,000m+ !*

‘Coaching enables me to get the best return from my limited time in the saddle (family, work, life....) and puts structure to rides/training. I don’t have to think about what ride I’m going to do each day increasing the likelihood that I will actually ride. I mix up indoor and outdoor and have seen huge gains.’

Samantha Convery - Beauty Advisor - Maghera, Northern Ireland - 38 years old

“ *2nd female Lisburn duathlon 2nd series, 3rd female Lisburn duathlon 3rd series, 3rd female Omagh duathlon, 2nd female Ballymoney triathlon, age cat win Belfast titanic Olympic, 3rd female muckno triathlon, 2nd female Browns bay Olympic triathlon, 2nd female Ireman sprint.*

‘Coaching works for me because I know I’m not over training & at the same time I know I’m doing enough. I have gained speed, when I started getting coached it was for 2 reasons- not to come last in a triathlon and to get my 10k run race down to under 50 mins. I’ve had a good 2015 season and my 10k is down to 45.’

Tel: 028 9082 3624 info@digdeepcoaching.com
www.digdeepcoaching.com



**Jared McClintock - Customer Service & Social Media Manager @ The Sufferfest - Melbourne
Australia - 29 years old**

“ *Qualified for 2016 Amateur World Championships in Perth for my age group (19-34) by placing 24th overall (out of ~600) on a course that did not suit my strengths; 3rd at Sam Miranda road race (Victorian Road Series - B Grade); 5th GC at Tour of East Gippsland (Victorian Road Series - B Grade); 2nd at Hell of the West (Northern Combine - B Grade)*

'One word: confidence. DDC took the time to learn my goals and match me to a coach that would help achieve those goals. The trust in the coach, the well-thought out approach to training and the dialogue have given me the confidence and focus for every race and event I've entered.'

Eileen Burns - Occupational Therapist - Ballymena, Northern Ireland - 26 years old

“ *6th Place in the Irish National TT, 10th Place in the Irish National RR, retaining my Ulster Champion Title for 10, 25, 50 TT distances, receiving the pink Leaders Jersey for the Omagh 3 Day, placing 4th from overall GC in the Omagh 3day, among men and women testers, placing 4th in the overall GC for the TT stage of the International Stage Race, Ras na mBan. Also top Irish rider in this stage, breaking the national Irish 10 mile TT record by 41 seconds (yet to be ratified).*

'Coaching helped by giving me the support, encouragement and direction to structure a training programme that was tailored to my own goals and to fit into my lifestyle.'

Leslie Cornick - Biologist, Professor - Anchorage, Alaska - 50 years old

“ *2015 most notable performances: 30 min PR on the Fireweed Half Century*

'I've worked with coaches off and on for the last 8 years – my Dig Deep coaching has definitely given me the most gains in the shortest amount of time. I'm not a strong climber, and the workouts my coach has given helped me hold more power on climbs and stay in a bigger gear longer. In the first 4 weeks I increased my FTP by 4W to my highest ever. Coaching also keeps me motivated and accountable – it's harder to bag a workout when you know someone is paying attention!'

Harry Yates - Student - The Midlands, England - 16 years old

“ *2nd place MTB XC National Cannock, Inter Regional MTB XC selection – West Midlands (team placed 4th /14), 1st place Junior and Senior at the 4 rounds of West Midlands Cyclocross series, 1st place Junior at 'The Cycle show' Cyclocross, Selection for GB Cyclocross World Cup Valkenberg, Harry was the U14 National Cyclocross Champion, U16 National Trophy Cyclocross Series Champion.*

'It's the quality of training, and not the quantity that's important and ensuring that I don't over train and damage my development or increase the chance of injury that the structured programme helps with. Defining goals with Dig Deep coach Dan Fleeman has tailored a training plan to help me work towards my goals, and we discuss this regularly. It is great to have one to one support and someone to speak to who has only recently moved from pro level racing. I feel really privileged to have the opportunity to learn from Dan and it seems to be working well with a good finish to my MTB XC season and a great start to my Cyclocross season.'

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