



Team TCR Coaching – Official Training Partner for the 2 Bays Trail Run...



About us:

Team TCR Coaching is a professional triathlon and multisport coaching squad comprising of elite level 1 triathlon coaches, and a group of dedicated runners and triathletes ranging in ability from beginner to elite level age groupers.

Last season we had athletes finish on the podium at age group level at both sprint and long course Australian Triathlon Championships, as well as top 5 at Ironman Australia. We are dedicated to helping our athletes achieve and surpass their goals and expectations.



Team TCR coaches



Magnus Michelsson: Level 1 Tri Coach. The accomplishments are too long to list really, winner of almost every major marathon in Australia and multiple triathlons of every distance you can think of, Magnus excels on the run. His Marathon PB is 2:13 and he has finished top 20 in the Comrades Ultra Marathon in South Africa. Magnus has joined Team TCR to help you get the most out of your run!



Tristan Parker: Level 1 Tri Coach with sub 4:30 HIM times. Tristan's expertise is on the bike. Tristan consistently places in the top 20 bike splits overall at long course racing. Tristan has a wealth of knowledge of everything bike, from training to maintenance he is there to help you improve your bike splits!



Two Bays Trail Run Special Offer

The qualified coaches at Team TCR have developed a free 12 week training program for both the 56k and 28k runners that is available to download from the Two Bays website. These training programs have been designed to ensure that you finish within the cut off time of 4 hours for the short course, and within 8 hours for the ultra. The programs should give runners an idea of what training is required for them to be able to finish the event.

For those of you that set your goals a little higher, need the motivation that comes from group training, or need to have a more personalized program developed for a myriad of reasons, this is what we do...

- Motivate athletes to perform at their best
- Set realistic and attainable goals with the athlete
- Provide regular contact with the athlete to ensure that goals are being met
- Provide expert advice on injury prevention, training load, training intensity, and equipment selection
- Deliver weekly or monthly personalized training programs through our online training diary

Team TCR coaching staff are still racing events. This means we are still up to date with the latest developments in the sport, and also are able to pass on advice from our past and current experiences to you. The training methods used at Team TCR are the same methods used by Team TCR Coaching staff in their own training. We train with our athletes and providing that extra motivation by leading by example!

If you feel that what we offer could work to make you a better athlete, then we would like to extend the following offer to people registered for Two Bays Trail Run.

1. 2 weeks, no obligation, free access to Team TCR Group training sessions. Sessions are at Edithvale, Kew, Ferny Creek, Carnegie, and Hampton areas. Full details of sessions can be obtained from the TCR website by clicking on the "Coaching" tab.
2. 15% off personalized programming for athletes wanting to sign up and pay in advance for the full period of training through to the Two Bays run.

This offer is limited to the first 30 people to contact TCR, so if you would like to come along and see what we are about then we would love to have you. For details and to register your interest then please email coaching@tcr.net.au

TCR would like to wish you happy and safe training!