

Kirsten's Testimonial

When I first met with Conor I was completely burnt out. I had stopped competing, and had stopped training. I didn't think I would ever get back the strength I had. But Conor devised a programme to rebuild me – not to what I was before, but better.

Many distance swim coaches frown on gym work. But since training with Conor I have done nothing but get faster. An example of this is in the recent New Zealand 10km Open Water Swim Champs. I won - against a much younger field. I am not a surf swimmer but yet I still managed to pull away from the field within the first km in huge seas simply because of the strength I have gained in the gym. And this isn't just any old strength.

Conor's knowledge of sport, and in my case of swimming, gives him the edge over most trainers. Before taking me on as a client, Conor made sure he understood the needs of swimmers, what the water felt like and what muscles I needed to swim better, stronger and faster. He keeps in constant contact with my swim coach to ensure that all my training works together – we all know exactly where I am in my programme and where my programme is going. Every week I can see my strength improving, and most important of all, we all see the results in the water.

Kirsten Cameron

