



Tony's Coaching

Hello Athletes!

tonyscoaching.com

Triathlon, running, cycling,
endurance sports,
personal trainer, ski instructor

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This is my first newsletter. I intend to send out a newsletter monthly, to give some updates, news, and share ideas and upcoming events/clinics. Please share with friends, and tell them to sign up by sending their e-mail address to me; tony.n.persson@gmail.com

During late summer I was approached by the Ironman Organisation to become their official coach for Ironman Malaysia's Become One program. Within that program I've created and shared a 12 weeks training program for Ironman first timers, and been available for questions about the training and event taking place on November 17th on beautiful Langkawi in Malaysia. With the help of the Ironman organisation in USA I also set up and then ran a series of webinars during September, October and early November to cover training structure, tapering and race-week/race-day. In mid-October I also conducted my very own webinar: "Off-Season". All these can be found on my homepage: www.tonyscoaching.com. For now all content on the homepage is free, but I will close some content to be available only to clients or behind a pay-wall for non-clients. On that area I intend to post work-out tips, strength work-out PDF's, Form-drills and more. More to come. My next webinar will be in late November/early December.

I now work with clients in Malaysia, India, Germany, Sweden, UK, and the USA. Currently there are clients doing triathlons, road running, trail running, and general fitness. I am also part of the coaching staff for a local ski team. It's still a small business, and I only want to grow slow, so that I can keep quality. Currently, I do accept more clients, so please help spread the word!

For my Platinum customers I offer weekly deep analysis of key work-outs (data crunching, graphs, and feedback), 1-3 per week. I offer monthly calls (WhatsApp/Messenger...) or personal meetings. And I'm available for questions and texts several times per week.

For Gold customers I also do analysis of key work-outs, but on a monthly basis instead of weekly. We talk before events and a couple of times a season. I'm still available to answer texts and questions, but will always give priority to Platinum customers.

I also sell trains plans on Trains Peaks. Currently offering plans for several different ambition levels and distances for triathlon, running and trail ultras as well as fitness: getting back on track from a sedentary lifestyle.

I've just started up a running group in Starnberg. The ambition level is matching him or her that wants to participate in a 5k, 10k, 15k, 21.1k run but haven't done any or so many events before. We will run and do form drills, running specific strength 2 times per week for a low cost. All welcome.

On next page are two recipes to enjoy.

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<https://www.trainingpeaks.com/coach/tonyscoaching>

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Healthy burgers, for 2

<p>400 gr minced beef 3 sweet potatoes 1/2 tsp chili powder 1 tsp capsicum powder 2 dl vegetable oil (preferably raps oil) 1 tbs mustard 2 hamburger breads wholegrain sea salt and white pepper tomato, spinach</p>	<p>Pre heat oven to 200 deg put a tray in wash the potato and cut into wedges. Put these into a bowl and pour the chili and capsicum on top and mix. Add most of the oil and mix again. Place the wedges on the warm tray and cook for 20-25 minutes (turn once)</p> <p>Meanwhile; put the minced beef in a bowl with mustard and spices (salt, pepper...) and stir Divide the mince-mix into two halves and make two thick burgers (2-2,5cm thick) Put the rest of the oil in a fry pan and fry the burgers for 5-6 minutes per side (medium) or 8-10 minutes per side (for well done) on medium heat. Fry the breads shortly Put the burgers into the breads with tomatoes and spinach. Serve with sweet potato wedges.</p>
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Sweet Kale

<p>Kale Broccoli stalk (in spiralizer) Brussel sprouts (diced) Cabbage (diced) Chicory Dried Cranberries Roasted pumpkin seeds</p> <p>Serve with poppy seed dressing: 1/3 cup white sugar 1/2 cup white vinegar 1 teaspoon salt 1 teaspoon ground dry mustard 1 teaspoon grated onion 1 cup vegetable oil 1 tablespoon poppy seeds</p>	<p>In a blender or food processor, combine sugar, vinegar, salt, mustard and onion and process for 20 seconds. With blender or food processor on high, gradually add oil in a slow, steady stream. Stir in poppy seeds.</p>
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Happy Training,
Tony

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