



Michael ANDERSON

ENDURANCE SPORTS COACH

Innovative Individual Sports Coach specializing in endurance sports, with over nine years of experience in coaching athletes in triathlon and long-distance running. Expertise in developing tailored training plans that accommodate individual athlete needs while optimizing performance through periodization and recovery strategies. Demonstrated success in guiding athletes to achieve personal bests and qualify for prestigious events.

CONTACT

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- 📍 San Francisco, CA

SKILLS

- endurance coaching
- performance analysis
- nutrition integration
- recovery strategies
- community building
- athlete motivation

LANGUAGES

- English
- Spanish
- French

EDUCATION

BACHELOR OF SCIENCE IN EXERCISE SCIENCE, UNIVERSITY OF ATHLETIC EXCELLENCE

ACHIEVEMENTS

- Guided athletes to qualify for national triathlon championships.
- Developed a training program that improved runner performance by 20%.
- Recognized as 'Coach of the Year' by the Endurance Sports Federation in 2019.

WORK EXPERIENCE

ENDURANCE SPORTS COACH

Peak Performance Coaching

2020 - 2025

- Designed individualized training plans for triathletes and long-distance runners.
- Utilized performance metrics to enhance training outcomes and athlete performance.
- Conducted workshops on nutrition and recovery strategies.
- Organized group training sessions to build community and motivation.
- Monitored athlete progress through regular assessments and feedback.
- Developed partnerships with local sports clubs for outreach programs.

ASSISTANT ENDURANCE COACH

City Running Club

2015 - 2020

- Assisted in coaching a diverse group of runners, focusing on technique and endurance.
- Organized training camps to prepare athletes for competitions.
- Maintained athlete training logs to track progress and challenges.
- Engaged with community members to promote running events.
- Implemented injury prevention strategies in training sessions.
- Facilitated motivational talks to inspire athletes.