

15 December 2019

I have been working with Dominic for 3 years now after having previously worked with other coaches and some self-training.

Dominic and I have achieved a lot together-2nd place at European Championships in 2019, 3rd place in the same race in 2018 among other good results. However, it is not only the results themselves that speak of our personal trainer/athlete success.

It was a long and sometimes not easy journey to get to where we are now (and we still have room for further improvement ;) It takes a lot of patience, honesty, respect and confidence!

I know that i am not the easiest athlete to work with, sometimes wanting too much in too short a time. But Dominic knows how to transform this motivation into something which brings us closer to our goal.

Dominic not only possesses a great deal of knowledge of training and racing, but even more importantly, he has a rare understanding of human nature and knows how to work with different personalities.

Our training is based on his training philosophy, a mix of his training program and my own input. It's very important that we work together into the same direction. That requires communication, integrity, reliability and flexibility. Dominic listens attentively to my feedback and experience and adapts the program accordingly.

I really appreciate how much time and energy he gives to my training and that I can always call or text him. I am really looking forward to continuing our journey in order to to achieve my biggest goal - becoming world champion 2020 at Challenge Almere!