

Dominic Reference

When I met Dominic I was nothing more than an average runner who went to the gym a few times a week to keep in shape and had done a few marathons 'for fun'

Dominic transformed me both physically and mentally.

Under his exceptionally guidance and inspirational training methods, I was able to release a potential in me I never believed possible. In 2013 I was the female winner of the Atacama Crossing, one of the toughest footraces on earth – 250km self supported race across the driest desert on earth, carrying all my own food and equipment. This is the equivalent of 6 marathons in 5 days, in the most barren place on earth. This was entirely thanks to Dominic.

Dominic has all the ingredients necessary to success as a World Class Professional trainer and coach. His many years as a Triathlete have given him to have a mindset far above that of a regular Personal Trainer; he has an exceptional intuition as a result of his own experiences.

There are thousands of trainers in this day and age who can give clients a good 'strength and cardio' workout. What they lack, and what I was fortunate enough to find in Dominic, is a trainer with an exceptional ability to inspire and install great mental and spiritual strength. This is through his intelligent understanding of what a person is capable of; he believed in me more than I did in myself, which is a rare gift.

During the winter of 2014 I trained again with Dominic in the lead up to the Marathon des Sables (which I raced in April 2015). The six months I spent training under Dominic's guidance for this event were probably the most inspiring and exciting of my life. At the age of 43 I was never fitter or stronger mentally as a result of his tailor-made program but moreover, his intelligent mental coaching.

Dominic's talents extend to a huge knowledge and understanding of nutrition, another vital part of training. Having tried and tested every 'fitness regime' himself, there is no one I trust more with advice on how to reach peak performance and maximize on potential.

The success of any Trainer is to be able to find the perfect balance between pushing a client and understanding their limits, Dominic has a unique understanding in this respect. He will push a client to the very edge but never beyond. He is calm and composed and never too verbal. Again, this is a talent hard to find in so many trainers who like the sound of their own voice and the look of their own muscles too much – not so with Dominic.

Four years ago if anyone had told me I would not only take part in both Atacama Crossing and MdS, but be the female winner of the Atacama Crossing, I would never have believed them. Dominic has a rare gift and if anyone is as dedicated as I was, he is the perfect trainer to turn hopes and ambitions into a reality.