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Tips, Training Plans, Coaches,
Advice for all

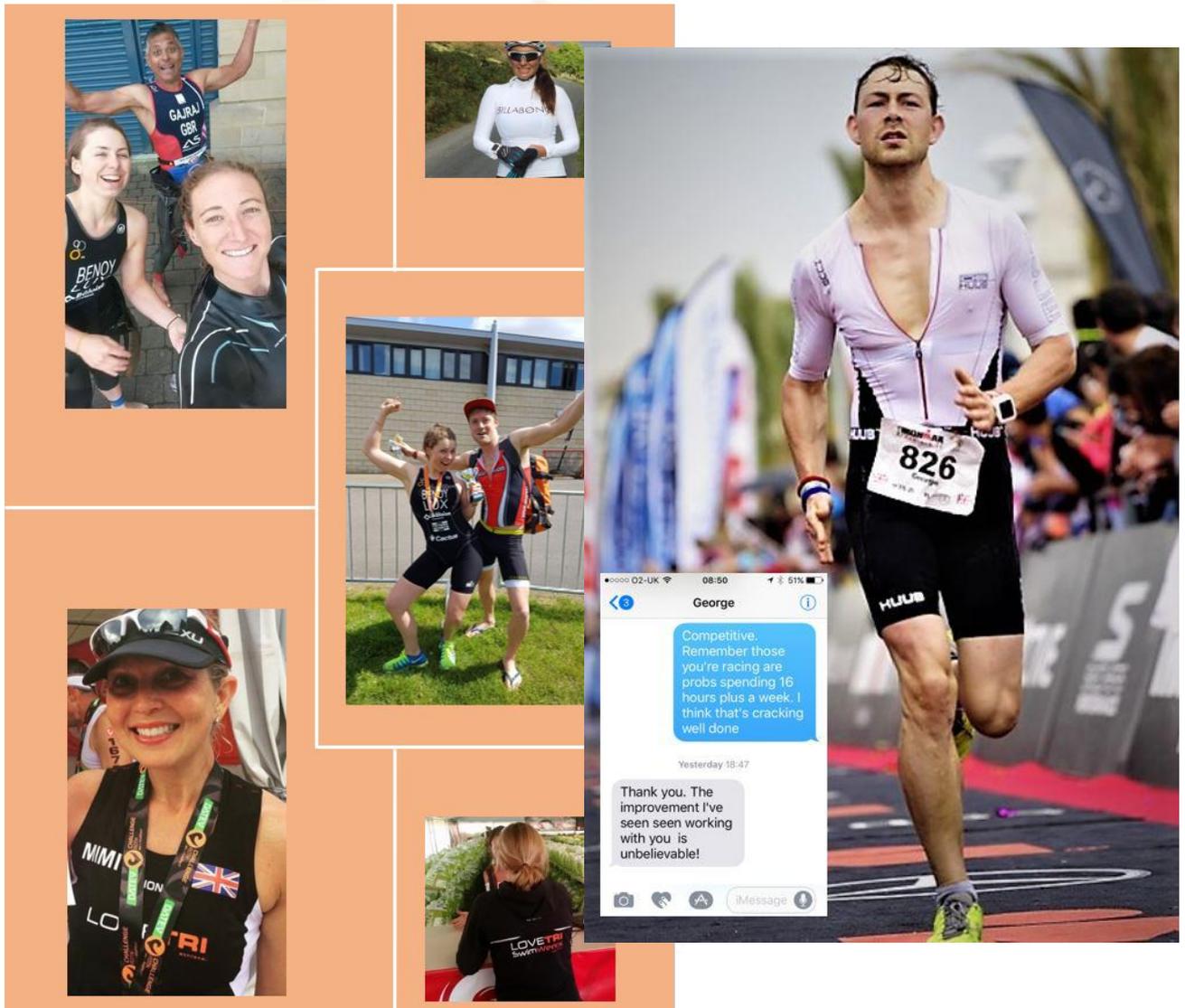


powered by qualified Ironman certified coaches

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[Find my training Peaks Profile here](#) [Find my Ironman Certified Profile here](#)

The athletes with whom we are fortunate to work, are generous in their feedback, either directly or on their own social media. We've coached and supported all abilities on their journey from local event to world podium and GB representation, and even Age Group to Super Series and junior talent pathway. Our athletes and paratriathletes have ranged in age from 14 to 74 improving on the bike, on the run and in the water. We coach the full endurance sport rainbow, Ultra, Marathon, Half and 800, IM to 70.3, Standard, Sprint, and super sprint. Crit, single speed and multi day bike racers, and swimmers from 400 to 32KM marathon. Especially proud that this year we've had athletes from 3 continents and 9 countries come for swim improvement. I salute all their hard work and attitude and am a little bit in awe of their achievements"





Regarding my training next week, I am going to take my stuff out and put your taper week in (same as the week before Cholmondeley), I have learnt enough today to see that I am fit, being more rested must help. Lastly, I attach a little picture for you of today's trophy. It's the first triathlon I have won outright. Let us hope it's the first of many in our partnership. Kind Regards and thanks for your help so far.

SJ 70.3 and Olympic

My training is going very well in all 3 disciplines and once again I would like to thank you for that. Open water swimming had now commenced proper and I'm lucky to have a lake only 2 miles from home and being a sinker I'm loving swimming in a wetsuit. I did a Club Aquathlon on Friday and held the toes of a very good swimmer and blitzed the run coming home first. I did a nice hill session on the bike yesterday, X4 up a good climb. Whilst I've always been strong on hills, I met a group going up as I was coming down after my first climb, I chased after them and caught and passed them, I averaged 398W NP for nearly 8mins giving 5W/kg. I felt mighty. Just thought I'd share that with you

DS 70.3 and IM 🚴

You have taken me a long way. Your expertise, your passion and your drive has given me a new lease of life when it comes to competing. The training has been a great insight and a welcome change from the hours on end that I was doing with previous coaches. I've also learnt where my strengths and weaknesses are. Thank you!

SZ GB Olympic Distance

Anyway, thanks again for all the great advice, technical help and excellent training plans you put together for me this year, and for giving me a bit of a kick up the backside in Feb that got me back on course for the Ironman.

RW Ironman

I can honestly say that I now feel comfortable swimming freestyle in open water and can keep going for an hour or so. I wanted to say a big thank you to you as you'll know how poor my swimming was when we started in January and without you none of this would have been possible. I've just spent the last two weeks in the US and Cornwall swimming in the sea, something I never thought would happen!

CS 70.3

It's been the longest journey, mentored and coached by Paul, taking me from someone completely unfit to completing my first Ironman in Austria, taking in Sprint, Olympic and 70.3 along the 2-year journey. It had been an ambition of mine since I first saw this sport and Paul was with me every step of the way, helping me manage my race, training and family commitments [not to mention my injuries and frustration]. Thank you.

CL Ironman

Having been a bit in the doldrums at the start of the year I can only say that involvement with Lovetri and Paul has been awesome. From the start of the fun and hard training camp in Lanzarote to where I am today, qualified to represent GB in Olympic and Sprint distance, it reflects his style, knowledge, and training in that he always seeks to push our capabilities

SH Olympic

It's been a year of upheaval and personal challenge, and I was a bit without direction, since joining Lovetri I've qualified for the European Duathlon Champs and also the World Finals in Mexico, down in great part to

Paul's patience and flexible coaching. I've now truly got the bug and am aiming for a world podium!

VT Olympic

Last night's race...there was another woman on my heels the whole way round, if it wasn't for your sessions, she would have left me for dust, not be breathing down my neck! :) #bestcoachever #Happy?



Claire Castleton AG Standard Ireland



This year I did a marathon, I improved my Olympic triathlon, I did a 70.3... 100% goals achieved!

I'll think about what to do next year, and if it sounds too hard to me, I'll just call you again and you'll help me make it possible :)

Thank you again for your precious coaching, you really helped me living some great moments of my life that I'll never forget (and in a good sense!!)

Giulia Castellari

LOVE
swimw

SWIM

Hi Paul. Thought you might like to know George's great news which is that he SMASHED his 50m free PB at the Watford County Qualifier and in so doing has achieved a County Consideration in this event, his only CT in a 50m! His PB was 37.09 and it's now 34.18. The CT is 34.80 and the QT is 33.14 for 12 yr boys. So, thanks for your coaching which must have made a difference! That's now his 4th County Consideration strong chance he will swim at his very first County Champs in the New Year! K x

Facebook 4G 17:09 36%

< Back Comments

 **Rebecca Nkoane** recommends **Lovetri Swimwerkx**.
29 September at 19:03 · 🌐

At last a swim coach that knows exactly what he's talking about, can break down the teaching in to small precise, pieces and then build you back together stronger and more efficient. Paul is meticulous with his session and gets close and personal to ensure you have every detail perfected. One of the only coaches I would give my precious time too

 **Lovetri Swimwerkx**
Sport team

18:22

< 34  **Jake Dean**

Chose to swim today as there's not much free time due to jade working tomorrow and can't afford 3:35 out of the house.

Hopefully but what ever it looks like in form of metrics it looks promising from a coaches point of view

Mixed lengths between using pool bouy and without but felt sooo much better than any other swim session I've ever done. Before lessons with you, Actually enjoyed the pool for once !

15:10

 **Grant Bateman** ▶ Lovetri Race Squad
November 25, 2015 · 🌐

Came closer than I ever have to throwing up in the pool this morning! Even had to bail on the rep I was on, CSS bites back in those last reps. Bring on hump day 🙌

👤 Melinda Tatum and Anne-Marie Benoy 3 comments

👍 Like 🗨 Comment 📄 Send

View more comments

 **Grant Bateman** Author
Haha teach me for trying to keep up with the kids in the lane next to me! 🙌

7y Like Reply

 **Verna Burgess**
Top tip - aim to keep up with breast stroke in lane on other side instead 😊

7y Like Reply

Hi Paul, I really loved my swim at the relays yesterday. I was 3mins 28 quicker than 2016 and 2 mins 14 quicker than last year, give or take a few secs. Also I was quicker than 12 others Hillys. thank you for teaching swim. I never believed I would be able to after so many wobbles.

 **Craig Anvik Leach**
August 21 at 6:47 AM

Pretty happy with this. First video is this morning, 2nd one a little over a year ago before I started triathlon training.

I've been working on tweaking my stroke since February, trying to find a few extra seconds. I got some advice from a few people including Paul Gardner who was very helpful and I've been watching a few videos of the elite pros and how they do it.

Longer reach, less glide so that I go from recovery to catch to push more quickly thus speeding up my cadence. I played around with a classic higher elbow for a while but I found it slowed down my cadence so I went back to more of a swing through recovery.

I wasn't fully extending my arm at the back before beginning the recovery, pulling out my hand around my waist band, so I've worked on a longer push phase with my hand exiting lower down my thigh.

My kick was uneven, over compensating with my right leg. I tried to be more consistent with my kick.

Still a work in progress but it's going in the right direction.



GB AGE GROUP

Ben Russell-Smith
5 hrs · 🧑🏻

Seven years on from marrying Lindsay in Ibiza, and here we are again! This time winning **bronze for GB** in the **European Duathlon in the Age Group** team! Inspirational performance, seriously quick on that bike 🚴🏻 X



👍👍👍 You and 48 others · 10 Comments

Sian Hibbs
September 1 at 3:32pm

My first ever tri season is over and now for a bit of rest and recovery before the winter season starts. I just want to say a big thank you to **Paul Gardner** for getting me where I am today. Having met at Virgin in Hemel in the swimming pool on an exciting Friday night back in Feb I was coming back from a major running injury and feeling sorry for myself that I would never run a marathon. Paul helped me with a run analysis, got me on the watt bike and taught me how to use cleats. He taught me how to mount and dismount my bike for transitions...the mounting im still practicing as I have this thing of falling off the bike on the other side-some funny moments lol. In 6 months i have increased my Vo2 from 43 to 52 for my running and I have gone up a whole zone on my bike. I learnt how to descend on the drops and use tribars..something I never thought i would ever be capable of doing back in February! All this got me a qualification spot on the GB age-group team for Euro Sprints in Dusseldorf next year and only after 4 months of being coached by Paul. From a bad start to the year never thinking I would run again im now officially hooked to triathlons and Im so grateful for everyones advice along my new journey into tri's, the lanzarote crowd especially Benjamin David Anne-Marie Benoy David Cook Grant Bateman @Andy Gajraj Bethany Thomson @Hamish Shaw Vikki Johnston @Robert Johnston and many thanks to Melinda Atkinson for helping me with a bike this last week for my race.

Paul Gardner
August 9

Congrats to **Sian Hibbs** AND **Anne-Marie Benoy** who have qualified for the European Sprint Champs 2017 in Dusseldorf, which sports one of the longest bars or series of bars on the Konigstrasse, happy co-incidence, well done both considering injury, newness to the sport, couldn't have happened to a nicer pair (I mean they're not together obv's)

<https://www.britishtriathlon.org/.../new-split-venue-format-p...>

👍 Like · 💬 Comment

👍👍👍 Melinda Atkinson, David Cook and 7 others · Seen by 39

View 8 more comments

Colin Lowen Excellent job, Sian and Anne-Marie. All the very best for 2017.
Like · Reply · 3 · August 9 at 10:51pm

Verna Burgess Many congrats to you both.
Like · Reply · 1 · August 11 at 6:11pm

Paul Gardner · **Juliet Wallace-Mason**
July 14 · 🧑🏻

Well done. 7th in the world only the British world champ beat you amongst GB. 30 min pb on the bike top 5 bike split. well worked. Proud of you



👍👍👍 Debbie Earp and 3 others · 2 Comments

Vikki Johnston is in Odense, Denmark.
4 hrs · 🧑🏻

What a day !! The Duathlon World Champs. I actually find them quite emotional. The build up to the race is intense and you really are thinking "what the 🤔 am I doing here " and when the race is finished you are emotional again as you are just so happy that you have finished safely and got your finishers medal. I'm pleased to say that I managed top ten and I'm 9th in the World in age cat. 🙌🏻🚴🏻🏃🏻🌍



ITU Duathlon World Champs +2

Stefan Zakorchemney
May 23 · London

Itu qualifier race 2. Southport. Placed 16 out of 52 in ag, which is much better than last race and good result for me in a really competitive age group. Right direction (cheers coach!) Had bad swim with head kick and blind side collision at buoy that turned me right round. Solid bike as ever and good run despite being strapped/taped. Unfortunately, the first place was 10 mins ahead of the whole field (wtf!?) and so knocked me off the roll down board. Phenomenal athlete, good on him. Roll on next race this Sunday and my big A race dambuster in June





Tamsin Bowden
September 25 · 🧑



Last day in Pontavedra at my first triathlon world championships. Thank you [Paul James Willis](#) [Paul Gardner](#) [Rebecca Lawson](#) for being amazing support, and the Red Lion customers for sponsoring me. I've learnt lots, including that I need to swim straight & look where I'm going in a big, scary tidal river.

7th overall after 33rd fastest swim time (out of 50) 5th fastest bike & 2nd fastest run. It's clear what I need to work on !

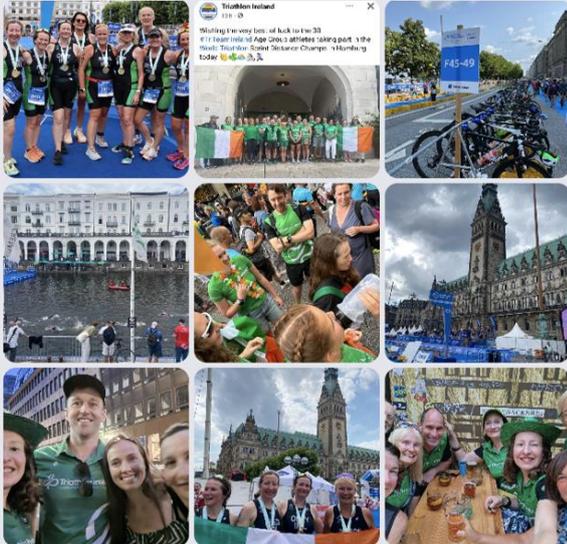


Claire Casselton

Overtook a few people in run to bike exit (another 400m or so). Was really pleased with my flying mount and worked really hard to catch up and draft someone almost straight away, was able to stay in a pack for pretty much the whole course.

Good dismount and good run to where shoes were.

Despite wishing I could have had a faster run I'm really proud of what I've achieved. I came 30th out of 75 of some of the best triathletes in my AG in the world, and I've had a beyond-words wonderful experience with my sister, lots of triathlon friends and the Irish team.



Hannah Welling was tagged in a photo.



Sally Green is with Hannah Welling.

17 mins · 🧑



Paul Gardner

June 1

Good luck to squaddies Allison Kaye, Darren Ford, Vikki Johnston, Daryl Herridge at Aviles World Du Champs this weekend...go safe and fast and have a blast! Remember to wish them luck and put down your big races, let everyone know...next up...Lux 70.3 for Anne-Marie Benoy I think...

👍 Like 💬 Comment

👤 Saeeda Hussain, Anne-Marie Benoy and 4 others

✓ Seen by 31

View 5 more comments



Paul Gardner or polish...

Like · Reply · June 2 at 6:57am



Darren Ford No time or polish on my hands (or feet) sorry guys

Like · Reply · June 2 at 9:41am



Write a comment...

MULTISPORT



Natalie Wickings

11 hrs · 👤

So good to be back in London with this cow!! After my win today in the aquathon and was first out of the swim!! which was dedicated to the people that have helped me over that last couple of weeks you all know who you are!! Paul Gardner hope that's better 😊 #Athlete #ThisGirlCan #London #ThisIsMe — with Kirsty Foley.



Verna Burgess

September 10 at 6:33pm

Stanwick Lakes Sprint triathlon - it rained, it rained a lot. However, achieved my first ever overall podium 2/22 female and 1st AG. Small field, not many club athletes, so was in my favour. Stephen punctured so DNF, shame as 2nd fastest swim and run of day.



Susan Rona Mair

13 hrs · Instagram · 🌐

This is the face of someone who worked her butt off at swimming tonight. Thanks Paul Gardner for shouting at me the last few months I think it worked - no more doggy paddle (hopefully)! #omatoface #seriousgogglemarks



Like Comment Share

You, Allison Kaye, David Cook and 34 others



Scott Marsh

June 14 · 🌐

After a year plagued with injury i'm so pleased that I was able to pull it altogether for my all-time 'bucket list' race – Escape from Alcatraz in San Francisco and it didn't disappoint. As ever, thanks to Lovetri and my amazing coach Paul Gardner who turned it around for me with just the right intensity and type of training to get me there able to compete



You, Nick Hayward and 56 others

14 comments

Like

Comment

View more comments



Julie Atkins.Gutteridge
Fantastic achievement well done 🥳

22w Like Reply



Paul Gardner

August 28 at 9:41am

Busy late season weekend for past and present members with 70.3 Sell Am Zee, Worthing European qualifiers, National Relays, Crits, various other endurance events and maybe even a cakeathon in Kent for a couple, a special mention to a special member Robert Finnigan whose team won a gold medal at the banter Olympics in Nottingham, taking honours for his devotion to Facebook, his new bike and a good all around performance at the National Relays, for those of you who've finished, won or competed well done, for those of you about to do battle, stay safe and have fun

Like

Comment

Mark Roe, David Cook and Robert Finnigan

Seen by 34



Write a comment...

📷 🗨



Scott Marsh

Yesterday at 5:49pm

Big thanks to Paul Gardner for his help so far on my triathlon adventure.

5 weeks ago I was dying on my arse, hitting 24.08 on a 5k park run and today breezed through at a cheeky 22.03 in full Santa attire.

Now I just have to remember not to touch my handlebars in transition...

Like

Comment

You, Allison Kaye, Susan Rona Mair and 4 others

Seen by 37



Jem Fleming with Richard Lee.

September 24 at 1:39pm · 🌐



Like Comment Share

Andy Gajraj, Danny Attias and 6 others

David Cook with Sian Hibbs and 2 others.
May 14 · Dorney

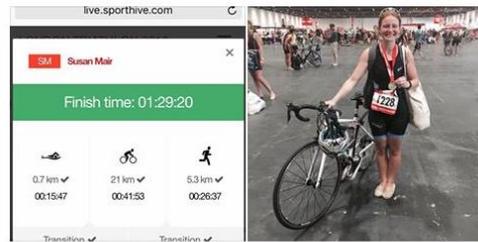
Lovetri Race Report All Nation Tri

So today was the first major race for the lovetri gang coming back from lanzarote camp and the gang didn't disappoint with most of us finishing top 3 in our age category, Grant Bateman finishing 7th overall and Anne-Marie Benoy not only winning her age cat but also finishing 3rd overall. Well done gang awesome day of racing!



Susan Rona Mair
August 6

ABSOLUTELY BUZZING after my first sprint triathlon. Big thank you to Paul Gardner for shouting at me all the time when I'm negative and being lazy.



Like Comment

You, Allison Kaye, Robert Finnigan and 2 others

Seen by 34

Allison Kaye Fantastic!

Like Reply 1 · August 6 at 7:11pm

Write a comment...

Paul Gardner
September 12 at 3:24pm

So an overall podium for Verna Burgess, fast swim and run legs for Stephen Burgess, 13th Overall for Emily Annabel Davis Banister, sub 12 hour IM at Weymouth for Chico Francisco Borcal and top woman for Kate Couchman at

Marcel Brinkman
June 12 · Windsor

Did the Windsor triathlon this morning in 2h35m16s. Took time off all three events versus last year (which was a pretty poor performance in any case). Most pleased that I finished the run without pain



Paul Gardner is with Dave Walden and 6 others.
May 22, 2017 at 9:33 PM

Nice to see a big Hilli and Lovetri presence at Denham tonight...delighted for Dave and super proud of Eleanor (who did around 1500m on her first trip out....)



Paul Gardner shared a post.
4 hrs

I'll post later but loads are improving threshold. Well done. Keep it up. Thought I'd join you



Paul Gardner

4 hrs

That. Was. Hard. Rewarded by a Garmin suggested new FTP up 20 watts.

John Pusey, Vikki d'Arcy and 4 others

Seen by 23

Like

Comment

Congrats to Anne Daly, Rob Ledward Smith, Isaac Gilewicz, Neil Hooper, Lawrence Hayes, Claire Casselton, Paula Puzat, Casab R, Tania, Jo Ford, Svenja Mueller, Dan Kemp, David Wright, Tonia Bore, Jess Wharton, Simon Herbert, Rich Michaels, Gemma Louise Ellis, Zoe Walker, Chris Seymour, Stuart Lum, Marnie Kemp and Andrew Garmody across run, bike but no swim. I wonder why. From 14 years old to probably me as the oldest. Well done all!

Paul Gardner
June 26

Well done Colin Lowen. Blog here please. Rich Woods. How did it go? Sian Hibbs on the podium. Share! Anyone else?

Like Comment

Sian Hibbs, Colin Lowen and Verna Burgess

Seen by 34

View 1 more comment

Sian Hibbs 1st lady at northwood sprint tri and 3rd overall.

Like Reply · June 27 at 7:39pm

Rich Woods Completed My first Ironman, the Gladiator in New Forest. Time wasn't great but got round and extremely chuffed with that. Think I've got going long out of my system now - will focus on Olympic now I reckon. Thanks for all the great training Paul Gardner

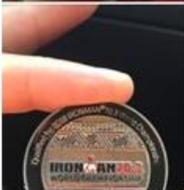
Like Reply · 3 · June 29 at 9:44pm

Write a comment...

70.3

Ruan Ebersohn
14 hrs · 🌐

After a massive effort from team Ebersohn we off the the 70.3 world champs in PE. Watch out PE I am coming home! Little stress fracture to heal up before then! Jessica Kempster



👍 Like 💬 Comment

You and 32 others

Well done you. Deserved

Cancel

Ruan Ebersohn AG Team GB and IM worlds, both goals achieved Paul Gardner. Thanks to the work we did last year 🙏

Like · Reply · 1h

Paul Gardner shared Anne-Marie Benoy's post.
June 20



Anne-Marie Benoy added 6 new photos.
June 18

5hrs27mins later I'm (almost) half an iron(wo)man!! Shame they turned the swim-bike-run into a run-bike-run due to dangerous currents in the river, but I can only complete what is handed to me 😊

A list of soppy special thanks ❤️: Merci super bud Wesley McMinimy for being my supportive dude for the day. Couldn't have done this race without you! Thanks also to the crazy Lanza crowd especially David Cook and Sian Hibbs for the constant encouragement, Andy Gajraj for drilling into me "don't EVER go out of zone 3 on the bike" (I followed your orders 75% of the time 😊 and yes, you were right) and Paul Gardner for setting me awesome & hard turbo sessions that clearly did the trick. Last but not least, thank you to the flatmate Rashed Choudhury for being supportive everyday - I'm sorry for what I say when I'm hungry 🙏

👍 Like 💬 Comment



Paul Gardner
August 9

Lets give our resident confused GB Italian Brazilian athlete Claudio Picco some luck for the weekend, as he goes to the European 70.3 Champs to compete for GB!

👍 Like 💬 Comment

👤 Mark Roe, Sian Hibbs and 3 others ✓ Seen by 34



Search Participants

Congrats to all Participants!

Finished

Grant Bateman
IRONMAN 70.3® M30-34 BbB 548

🕒 Finish Time
4:49:04

View Details

- 14th Place out of 104
M30-34
- 76th Place out of 689
by Gender
- 89th Place out of 831
Overall

🔄 Share 🏆 Claim 🏆 Badge

📍 📄 📱 📧 🔔

2022 EVENT IS OVER - COURSE CLOSED



David Cook shared his post.
May 27

Little blog from me from today's race at the European champs and my first time racing for GB. Big thanks to the lovely athletes and Paul for your support and motivation 🙌



All ready and racked (with fear)



Rich Vincent, David Cook and 37 others
21 Comments

- Fiona Johnston hee hee -not sure where you are but have a good one!
Like Reply 4y
- Paul Gardner Barcelona 70.3. Thanks x
Like Reply 4y
- Fiona Johnston ooh nice! and will you be going to the Duathlon world champs with DTF at all?
Like Reply 4y
- Julia Schembri Go on 2205 - sure you'll do well!
Like Reply 4y
- Hayley Ward Good luck for tomorrow, dear Super Paul xx I feel like I should now get outta bed and go for a walk at least 🙄 take care x
Like Reply 4y
- Wendy Pearson Good luck!!!!
Like Reply 4y
- Mick Parsons You cant ask more of yourself than your best mate, and pretty sure you will give it!
Like Reply 4y Edited



Dima Godfrey with Henri Odozi and Toyin Godfrey.
6 hrs · Dubai, United Arab Emirates · 🌐

Dubai 70.3 IRON MAN DONE!!!!

A PB on the Swim & Bike leg led to me achieving my goal of a sub 7 hour race. A big thank you all for the encouragement and support even when the doubt kicked in over the last 12 weeks, too many names to mention but you know who you are. Big shout to Coach Paul Gardner from Hillingdon Triathletes in the UK for kicking me off & bringing me to the point where I can even consider a triathlon let alone Iron Man and of course Neil Flanagan for the last 12 weeks of coaching & encouragement. Toyin Godfrey Life can go back to 'normalish' now, well until training for the next event begins.



- Matty Earles them socks look raced not race ready...
Like Reply 4y
- Matty Earles All jokes aside enjoy the race buddy... I'm envious!
Like Reply 4y
- Magdalena Mierzwa Good luck! 🙌
Like Reply 4y
- Shane Godrich Good luck Paul
Like Reply 4y
- Paul Gardner They might have been on the beach... Thanks all
Like Reply 4y
- Michael Burnett You don't need luck! Don't forget to eat!
Like Reply 4y
- Lisa Snell Fear? Didn't think you feared anything. Enjoy the race 🙄
Like Reply 4y
- Emma James Be careful x
Like Reply 4y
- Rich Vincent All the best bud, and don't forget to catch the train back after your run!! 🙄🙄
Like Reply 4y
- Colin Lowen Are you sure they've got you in the right age group 🙄
Like Reply 4y
- Bethany Harrison 🍀 smash it x
Like Reply 4y
- Nicky Dick Why are you asking fear with you, shove him out.
Like Reply 4y

SWIMMERS

IRONMAN

Colin Lowen
August 6, 2016 at 8:44pm · 🌐

Cheers Paul Gardner. Awesome results over the past couple of years. Now decisions as to what next!



Thanks Coach Paul Gardner ✓
Create your own #ThanksCoach message or find a coach to help you achieve your goals.
THANKSCOACH.TRAININGPEAKS.COM

You, Robert Finnigan, John Gilling and 5 others

Thanks Paul, I've never met you but feel A very strong connection with you. There is no Plan B. I'll take great pleasure and pride watching my wife complete her first Ironman on Sunday. Enjoy Provence. We've entered Ironman Cork next June BTW. 😊

Paul Gardner
July 31

Well done to Rich Michalak too at Maastricht IM, you are an IronMan! Fantastic sub 1 hour swim...we knew you were good, but great job...a tough bike by all accounts [see Gonzalo Entrecanales comments] and a tough marathon to finish. A well earned rest for the week 11 hours 17 and change is pretty flipping good!

| | | | | | | | |
|-------------------|-----|----|-----|----------|----------|----------|----------|
| Michalak, Richard | GBR | 45 | 525 | 00:56:05 | 06:18:30 | 03:53:22 | 11:17:35 |
|-------------------|-----|----|-----|----------|----------|----------|----------|

Like Comment

Vikki Johnston, Darren Ford and 2 others
Seen by 34

Rich Vincent added 6 new photos.
1 hr · Calella, Spain · 🌐

It's the day after one of the toughest physical and mental challenges I've ever done and just relaxing with a stroll around Calella. I just wanted to say a few 'Thank You's' to some people whom without their influence and support, yesterday would never have happened. First up, not sure if this should be a thanks but it is, so thanks to Paul Gardner for introducing me to the mad and addictive world of triathlon. Thanks for your advice, coaching and encouragement over the last 5 years, oh yea and the loan of my first bike.



This boy is connected, after 6 months of training with Paul he was determined to ensure I completed an IM race and managed to get me a sold out place at IM Wales this year after a poor experience and DNF at IM Austria. He called the CEO of IM in the US and now I can say I am an Ironman



How do I thank all the people who have helped me achieve this over the last few years? It's fairly difficult to do that in print, but I will thank each and every one of you over the forthcoming months, and thank you also to everybody who has stayed with me on this blog and encouraged me on Facebook.

I would like to make a special mention, though, to the following people who have helped me achieve my dream:-

Victoria, Dan and Matthew - have suffered all of my strops, pains and challenges from day one and have encouraged me and driven me to go out training when I just didn't want to. I thank them with all my heart;

Paul Gardner - Love Tri / Swimwex - my long suffering coach, who has had to put up with a (sometimes) stroppy athlete who doesn't always listen to what he says;

Paul Gardner
July 31

send the love to Gonzalo Entrecanales, 10 hours 30 and change at IM Maastricht, 8th overall, 220 in the entire field...he'll be feeling it as he was trying to qualify for Kona...fantastic bike leg...eat, sleep, recover!

Like Comment

Francisco Borcal, James Lewis and 2 others
Seen by 28



Hi Paul, hope you're well,

Just thought I'd let you know that I completed Lanzarote in 14 hours, which considering the lack of available training time is amazing, I wished I'd have had more time.

However thanks for the plan, support and tips along the way that I'll certainly take with me

All the best, Mitch



Terrence Murphy

14 hrs · 🧑🏻

On Sunday 19th August in Copenhagen I became One, an IRONMAN in 14:23:00 h:m:s coming 3rd in the **Age Group 70-74**, this being my 1st full distance Ironman event. Must give thanks to Paul Gardner for his training schedule that got me to the start line in peak condition. Ross for his encouragement throughout the day also to my friends back in the UK for their unending support. Plus Lillias who has put up with me training day in day out for the last 2 years.

...



Thanks a mil. You're a legend.

📧 Sent from Messenger



👍👎👉 18

14 Comments



David Sands

August 13, 2017 at 10:18 AM · Sligo, Ireland · 🧑🏻

...

4 weeks until I race Ironman Wales, I've been putting in some long training sessions over the past few months and today with the help and guidance of coach Paul Gardner @ Lovetri I've finally achieved my goal of 150 TSS/D average which probably doesn't mean a whole lot to most people but it was hard work. I'm feeling in great shape and well prepared. It's cruise control from here on in.

ULTRA, MARATHON, AND HALF MARATHON



Csaba R Tarnai is with Paul Gardner. 11 hrs · 🇪🇺

Just finished Hackney half-marathon. Went well. New 1/2 marathon PB 1:34. Despite injury and low CTL of 60. Thanks a lot to my lovely running Coach Paul Gardner and Chiropractor Bob Griffith.

STRAVA 21.2 km | 1:34:45 | 4:27 /km

STRAVA.COM
Virgin 1/2 Marathon Hackney ✓
 Check out my run on Strava.

Like Comment Share

13

Kyriakos Exadaktylos Excellent result!! 🔥 Well done!! 🍀🍀
 On the road to London marathon 2019 🙌🙌
 Like · Reply · 6h · 1

Paul Gardner A1 excellent. Amazing given your recents. Kudos and Props or whatever runners give to each other!
 Like · Reply · 6h · 1

Csaba R Tarnai Thanks Paul. Your coaching is so helpful. I believe I ran at good form all through
 Like · Reply · 5h

Csaba R Tarnai 16 hrs

So happy. Thanks a lot coach Paul Gardner for helping achieve entry into Boston Marathon. This was a long dream! Thanks.

2019 BOSTON MARATHON
 John Hancock
 PATRIOTS' DAY MONDAY, APRIL 15
 adidas ASMET

Dear Csaba R Tarnai,

Congratulations! This is to notify you that your entry into the 123rd Boston Marathon on Monday, April 15, 2019 **has been accepted**, provided that the information you submitted is accurate.

Name: Csaba R Tarnai

Csaba R Tarnai is with Chiara Saraceno and Paul Gardner at Berlin – the place to be. 11 hrs · 🇪🇺

September 16 at 1:15 PM · Berlin, Germany · 🌐

Berlin marathon done. 3:10:39. Thanks a lot for all your kind support wishes. It really helped. A special thanks to Paul for being a great coach and helping me to achieve this dream time. And another thanks to Chiara and my lovely family for allowing me the time to pursue this silly sport.

STRAVA 43.0 km | 3:10:43 | 4:26 /km





Hi Paul,

Sierra Leone Marathon.

I was incredibly pleased to get round so successfully. I quite fancy another marathon but that might be early next year. Time to build. Ultimately knowing that I had done the work with you took any doubts about completion out of the event itself. So thanks for that.

DL

Csaba R Tarnai
July 17 · 🌐

Probably my best half marathon ever. Run as training-not race. Thanks Paul so throwing challenging workouts my way 🙏 #beatyesterday — with Paul Gardner.

GARMIN Connect.
CONNECT.GARMIN.COM
HM at HM pace 8'(800+1600m)
Distance 21.50 km | Time 1:28:41 | Pace 4:08 min/km | Elevation 72 m

Simon Herbert and 12 others · 1 Comment

Like Comment Share

Csaba R Tarnai

Like Reply 6w

Write a comment...

Csaba R Tarnai
8h · 🌐

The running journey of Six Major Marathons is finally completed.

Thank you all for being patient and understanding friends on this long journey. I am truly grateful for your support. Thanks [Chiara Saraceno](#) for being so patient for 7 years in which so much time went into my passion - we even managed to fundraise for Sepsis awareness. Thanks [Claudia Tarnai](#), [Carlo](#), and [Caterina Tarnai](#) for joining me on our adventures in Boston, Chicago, London. Thanks a lot [Kyriakos Exadaktylos](#) for being a patient and supportive brother on our joint journey - we rocked in Athens, Tokyo, Madrid, and Tromsø. Thanks [Luca Ricchi](#) for introducing me to this sport in Athens. We did also some good races in Paris with [Fabio Falcone](#) and in London with [Rutger Thung](#).

Thanks to [Paul Gardner](#), Bob Griffiths, and Anuj Soni for their coaching and medical support without which it would not have been possible.

Thanks a lot to the thousands of volunteers who dedicated their time to provide positive energy to us runners and help us to water and safety along the courses.

I am terribly proud of having now finally completed this long journey. Berlin, Boston, Chicago, New York, Tokyo, and London. All races < 3:15 (<700 runners!). Two Sub-3 in Tokyo and London. #1 Fastest Hungarian runner. Finisher of London classics. #abbottwmm #LondonClassic #londonmarathon #sub3marathon #running #SepsisAwareness #hungarianrun #altrunning #maurten #garminrunning

ABBOTT WORLD MARATHON MAJORS
TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK

In honor of outstanding performance and dedication we gladly present this certificate to:

Csaba Tarnai

For completion of

| | | | | | |
|------------|-------------|-------------|-------------|--------------|---------------|
| TOKYO 2020 | BOSTON 2019 | LONDON 2023 | BERLIN 2018 | CHICAGO 2019 | NEW YORK 2022 |
| 3:06:06 | 3:06:06 | 2:55:42 | 3:10:39 | 3:01:33 | 3:07:30 |

Congratulations on becoming an Abbott World Marathon Majors 6-star Finisher

YOUR WORLD. RUN IT.

ABBOTT WORLD MARATHON MAJORS
TOKYO BOSTON LONDON BERLIN CHICAGO NEW YORK

+16

Adam TwentyNiner · Andrew Street
April 29 · 🌐

Holy shit man, did you go 2:56 at the marathon?

Andrew Street · 4 comments

Like Comment

View more comments

Andrew Street
Let's go! I'm locked in to Chicago in October. Do ir....marathons stop me from ruining myself. Come on, you know you want it.....

9w Like Reply

Well done Andrew, I told you that speedwork would pay off, nice pacing too, glad all our work paid off

TRAINING CAMP

Paul Gardner
April 17, 2016 · 🌐

with some of the great Lovetri crew in Lanza Mark Roe, Benjamin David, Hamish Shaw, Rebecca Sore, Anne-Marie Benoy, Sian Hibbs, Grant Bateman, Mark Roe, Stephen Burgess, Andy Gajraj, Vikki Johnston, Richard Lee and Paul Gardner

Deborah Elliott, Sian Hibbs and 11 others · 1 Comment · 1 Share

Like · Comment · Share



Paul Gardner
20 hrs · 🌐

Just about to offer a few tips to this rubbish athlete

Tag Photo · Add Location · Edit

Like · Comment · Share

35

Hannah Jane Wells Omg I am so jell!!!! 🤔🤔🤔
Like · Reply · 20 hrs

Anne Revell Sad really but i have no idea who the gentleman in the pic is.....
Like · Reply · 20 hrs

Paul Gardner Alistair Alistair Brownlee double Olympic gold medalist ??
Like · Reply · 18 hrs

Write a reply...

Matty Earles He looks about 50
Like · Reply · 19 hrs

Michael Burnett Watching him run and win at Leeds in the summer reminded me of watching Sampras on Centre Court. Legendary Greatness of the most perfect athletic order. Unforgettable in the best way. That's who that gentleman is!
Like · Reply · 1 · 19 hrs

Matty Earles thats pete sampras ? wow... hes looking good...
Like · Reply · 1 · 19 hrs

Write a reply...

James Puckett Lucky you...Would love to have met them.
Like · Reply · 19 hrs

Duncan Hough You'll be able to discuss operations and injuries at least
Like · Reply · 19 hrs

Allison Kaye Omg 🤔
Like · Reply · 18 hrs

Paul Gardner
May 21, 2016 at 12:37 PM · 🌐

Hard work waiting to race #lovetriraceteam

David Cook, Michyla Clark and 10 others · 1 Share

Ola Fagerholdt is at Universal Hotel Marques.
March 31 at 7:39 PM · Ses Salines, Spain · 🌐

Turning 50 has not been easy. To say the least. And my dear wife **Sophia Fagerholdt** has helped on the trot 🤔

Day D. I unknowingly ended up on a rock-hard pass with former elite soldier Petra Malm who sat me down after half the pass because she thought I looked so sick 🤔

Now I am on a rocky triathlon 🏃🏌️🚴🏠🏠🏠 camp 1v which I also got from my wife. She cooked herself up with Tomas Lundberg and now I'm in Mallorca and already the first day I was close to puking 🤔 in the pool and then got a cruel cramp 🤔 on the crazy run.

But thank you very much 🙏 it has been and is an experience, and still 3 days left and the schedule is only getting tougher. 🤔🤔

See original · Rate this translation

07:58

David's post

David Cook is 🤔 feeling tired with **Saeeda Hussain and 11 others at Lovetri Training Camp**
17 Apr 2016 · Tias, Spain · 🌐

Epic day in the saddle! 87 miles and 2000m of climbing up the mountains to mirador del rio and Tabyasco then back across the island past La Santa and the Lava fields. Tough! Easy day tomorrow.

Write a comment...

Home · 9+ · 9+

BIKE

Kate Couchman
September 11 at 7:06pm

First Lady in at London to Brighton. Happy with improvements I'm making and confidence I'm gaining in my weak areas! Just want to keep going



Like Comment

Paul Gardner
Just now

Congrats too to Melinda Atkinson who's qualified for the UCI Worlds in cycling



Like Comment

Darren Ford, Mark Roe and 7 others
Seen by 35

Bethany Thomson **Ahem.**
Like · Reply · 1 · June 13 at 9:07am

Write a comment...

Cameron Pollock
October 4

A funny season in reflection. Goals achieved with podium At the Nationals, and bike PBs and GB selection, but just tested my FTP and hit an all-time record, 365 FTP, bring on next season Thanks [Paul Gardner](#) and Lovetri

Like Comment

Robert Finnigan, Sian Hibbs and 2 others
Seen by 39



James Lewis
August 18

A fantastic evening for tri at Dorney last night. A reasonable swim, super fast T1 and fastest ever bike split, followed by a quick t2 had everything set up to hit a target time of 1.07 something. Was going really well on the run too and then at half way got an unwelcome first - a stitch I couldn't run through. Gritted teeth and jog/walked to finish in 27 rather than the hoped for 19 something. But taking the positives, a bike split in the 31s is a good reward for the hard work. Thanks [Paul Gardner](#).

Like Comment

Mark Roe
August 6

Paul ... 2 years ago my average 40 km bike was around 1hr 45 today it was 1hr 19 for 25 m that is a drop of around 26 minutes

Like Comment

Allison Kaye, Robert Finnigan and 4 others
Seen by 36

Paul Gardner **cracking job hard work will out**
Like · Reply · 1 · August 6 at 1:46pm

Write a comment...



LOVETRI
SwimWerkx
RACE TEAM

