

Sally Drake **USAT Certified Coach**



Sally is an elite triathlon coach and Regional Manager for TrainingBible Coaching. She enjoys coaching triathletes and runners of all levels, with a passion for helping them achieve or exceed their goals. Sally also believes in guiding athletes to find balance in training and family life and customizes her clients' training schedules as needed to find this balance. Training for Ironman, working as a Sr. Financial Analyst, coaching, a mother of 3 dogs and a supporting husband, Sally manages to juggle quite a bit herself. Her passion for triathlon began in 2000 and after several years of racing and finding that she could inspire others to join the sport, coaching seemed to fit into her life perfectly. She will complete her 14th Ironman triathlon in 2010, has finished several half-ironman triathlons, and loves the camaraderie of the local sprints, Olympic distance races and marathons.

As a client of Sally's, an athlete will find a customized training schedule, analysis of workout data, meetings and training sessions, organized group training, events, discounts at local shops and online companies, and FUN! Although Sally takes the training, analysis and athlete's goals very seriously, the sport of triathlon is fun and she will not let you forget this!

Certifications Earned:
USAT Certified Triathlon Coach
USAT Certified Race Director
AFAA Certified Personal Trainer
CrossFit Certified Kettlebell Instructor
CrossFit Certified Level 1
Certified Spinning Instructor

For more information on Sally and her coaching services:

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