

EXPERT TRIATHLETE COACH

at GATC with Rife Hilgartner



MONDAYS AND THURSDAYS

1 Hour | \$75

Calling ALL AGES and ALL LEVELS of triathletes.

Private one-on-one lessons with Rife working on swimming, biking, running, transitions and strength training to help you achieve your triathlon goals.

RIFE'S PHILOSOPHY:

My philosophy for triathlon training is keeping a good balance and being very consistent. Athletes can expect a well thought-out program that can, and will be, for individuals and small groups.

"I have been racing Xterra off-road triathlon with a full race schedule since 2008. I have qualified for Xterra world champs every year since 2007. I won the mountain regional championship in 2012, and 2013 and my age group national title in 2015, and 2016. At the world champs, I have finished in the top 10 six times. I have been a triathlon and endurance coach for almost 10 years, leading multiple athletes, in multiple distances, to PRs and many podium steps."



To Schedule an appointment
contact Rife Hilgartner
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**GREENWOOD ATHLETIC
AND TENNIS CLUB**

THE *Best* PART OF *Your Day!*®