

Open Water Swim Coaching with Triathlon Legend Mark Kleanthous

“I always swim with YOU to reduce your fear of open water.
I will Improve your form, your efficiency, your performance”

Swim Coaching Fees

£55 an hour (1 swimmer)

£70 an hour (2 swimmers)

£85 an hour (3 swimmers)

YOU NEED TO PAY IN ADVANCE TO RESERVE SESSION



One to One training – One hour swim coaching sessions

Level I Open Water Swim Beginners never swam in open water before

Level II OWS Intermediate has swum in open water & wants to complete an open water swim event or lake triathlon

Level III OWS Advanced swimmer has competed in triathlon or open water swim events & wants to improve

Mark Kleanthous

Full time Performance Coach

36th Season in Triathlon; 500+ Triathlon Finisher including 40+ Ironman triathlons

mark@ironmate.co.uk Mobile: 07876 376776



Open Water Lifeguard Qualified



British Triathlon Coach Level 1 & 2

