

AUTHOR

I have spent many years coaching women.

Come and join me and learn how to be a improve your health and fitness and discover a life changing journey. This is not a journey to help you to lose weight, but to improve your performance, your life choices, your fitness and your well-being. The outcomes are extraordinary. Self-discovery and the realisation that you can do anything you tell your body to do are a major factor in this amazing metamorphosis of your body and mind.

Qualifications:

British Cycling Coach Level 2

ITCA Triathlon Coach

NESTA Kettlebell Coach

Lifestyle and Weight Management Specialist (NESTA)

PADI Swim Coach

GET IN TOUCH

Coaching can be in person, remotely via Zoom, email, and WhatsApp.

PO Box 213677, Dubai, United Arab Emirates

www.swimbikerun-uae.com

+971 (0) 50 436 8696 | bage@swimbikerun-uae.com

Instagram @sbr_global



SBR Health and Fitness



MY APPROACH

No judgement, only encouragement.

The photograph below is not actually of a client. It is of me, at the finish line. My client was there waiting for me.

The goal is not to be better than my clients, but to pass on knowledge and experience so that my clients may surpass my ability. The objective is to celebrate their success and watch them grow and reach their personal goals.

Whether it is a podium place you are looking for, or simply to get to that finish line, I will make your goals my personal objective.



COACHING SERVICES

Kettlebell Coaching



Kettlebells are a highly effective conditioning tool, and are documented to burn up to 20 calories per minute. That would be equivalent to running a six-minute mile. Kettlebells are safe and easy to use. I run online group classes and 1:1 classes.

Endurance and Cycling Coaching



Whether you are training for a triathlon or singular sport, my programmes are designed to strengthen your body, and build it towards a particular event using a multitude of training tools and personal coaching to reach your targeted cardiovascular and muscular endurance. I also teach cycling to beginners.

Swim Coaching



My swim instruction method is the PADI Swim School, which is an internationally recognised swimming instruction programme, developed in cooperation with Starfish Aquatics Institute (USA) whose vision is “Saving Lives One At A Time.” Stroke correction and endurance training is also offered.

LIFESTYLE AND WEIGHT MANAGEMENT

Training, staying healthy and also keeping on top of your general gut health and also your weight management can be difficult and testing, especially if you travel a lot, work long hours or have a sedentary job.

The Healthy Eating Every Day concept (HEED) is proven to be an effective way to manage your eating routine, and maintain a healthy body for life. I have followed the principles of this concept for a long time and I have managed to stay within range of a healthy body fat percentage for my age and body type.

Healthy Eating Every Day (HEED) is a 20-week programme which is research-based and proves that eating a balanced diet and lots of nutritious food is the way to a strong, leaner and functional body. I include a 30-day elimination diet as part of my programme so that I you can really see what results could be achieved by making small dietary changes and also figure which foods are not agreeing with you.

It also involves prescribed reading literature, conducting self-assessments and recording your food intake on a daily basis. You will also commit to moving your body for at least 30 minutes on average every day.

Changing a lifestyle of habits is not easy. The programme involves a lot of self-assessment and a slow progression towards changing eating behaviours. The real key to safe and successful weight loss is to adopt a healthy lifestyle that suits your individual needs and that you can maintain for life.

I am testimony to this programme having gone through the change and subsequent weight gain, and loss!



PROGRAMMES

Triathlon Coaching Programmes

This Triathlon lark – it's part of your life without you realising it. What if someone told you that you could combine swimming, cycling and running sports into one great race? If you would like to boost your performance in triathlon and hit a PR, or even start triathlon training as a beginner, I can tailor a programme for you to suit your lifestyle and ultimate goal.

Swim Instruction and Stroke Correction Programmes

The PADI Swim School curriculum consists of courses containing age-appropriate activities that focus on development of core aquatic skill competencies. The curriculum is built around the concept that there are core aquatic skills (competencies) that every person needs to know to be proficient in the water. The core competencies provide the foundation that will enable students to first learn functional self-survival skills, then learn correct swimming stroke technique by building upon what they already know.

Kettlebell Training 1:1 Personal Training

Kettlebell PT sessions are a 45 minute workout to target muscular endurance, body toning, building strength or simply trying to return your basic physical fitness after a hiatus.



TESTIMONIALS

What do people say about me?

“SARA EXUDES CONFIDENCE, ENCOURAGEMENT AND REALLY EMPOWERS YOU TO WANT REACH HEIGHTS YOU NEVER KNEW WERE POSSIBLE” -
LORRETTA STRINGER

“SARA IS AN EXCEPTIONAL AMAZING PERSON AND PASSIONATE COACH. SHE TOOK ME FROM A COMPLETE BEGINNER IN TRIATHLON TO IM 70.3 IN JUST ABOUT A YEAR. THE CARE AND SUPPORT SHE PROVIDES FOR HER CLIENTS IS WAY MORE THAN JUST A COACH-ATHLETE RELATIONSHIP.” – ASMA AL JANAHI

“SARA IS SO SUPPORTIVE AND ENCOURAGING. SHE TAKES AN ACTIVE ROLE IN PREPARING YOU FOR WHATEVER RACE YOU HAVE YOUR EYE ON AND REALLY INVESTS IN YOUR DEVELOPMENT”. – JENNA WALKER

“DURING THE TIME WHEN SARA WAS MY COACH SHE WAS THE MOST SUPPORTIVE, UNDERSTANDING, GENUINE, AND MOTIVATING PERSON THAT I HAD AROUND ME.” – NATALIE LIOT

“SARA IS A VERY KNOWLEDGEABLE AND COMPASSIONATE TRAINER. I'VE SEEN HER WORK WITH COMPLETE BEGINNERS TO EXPERIENCED ATHLETES WHO WANT TO GO THE EXTRA MILE WITH AMAZING RESULTS!” – SARAH SHEWRING

“I'M GLAD SARA IS TEACHING MY DAUGHTER SWIMMING BECAUSE MY DAUGHTER HAS A STRONG PERSONALITY AND SARA VERY PATIENTLY DEALS WITH HER. SARA IS VERY PROFESSIONAL, UNDERSTANDING AND ALWAYS GIVES ME ON TIPS ON HOW I CAN SUPPORT MY DAUGHTER REGARDING SWIMMING. VERY NICE PERSON AND HAS GONE OUT OF WAY TO HELP US.” –
SONIA AKHTAR

MORE TESTIMONIALS ON WWW.SWIMBIKERUN-UAE.COM

Credit to Yvonne Postma Photography

