

Coach JJ

John Julius Jennings Bennett.

JJ started coaching in 1999 and has been coaching cyclists from novices to National Champions to achieve their goals ever since. JJ is a certified British & American Coach and has authored research work, had articles published in specialist cycling magazines, newspapers, and web articles in the UK & Thailand where he now lives and is a lecturer at Thamassat University Sport Science Faculty.

JJ uses his 35 years cycling experience with the latest Sport Science training methods to create training plans that allow cyclists with busy lives to train 4-5 hours a week but still achieve their goals. JJ worked with Exeter University and The University of Kent Sport Science faculties where he learnt the modern training secrets used by Team Sky and British Cycling. JJ has won over 200 races and podiumed in countless others in his career from 1978-2010 including Road Race, Time Trial, and Criterium & Triathlon. He started racing as a schoolboy in 1978 winning the English Schools title in the South of England and then raced in France for Peugeot in 1984-1986. After a break of 10 years he made a comeback aged 40 in 2002 and won over 100 races at Time Trial and Road Race against riders half his age. He still rides for fun now and keeps fit able to finish Doi Inthanon mountain Race in 13<sup>th</sup> place in 2 hrs 35 minutes.

Yes, JJ is a former racing cyclist who loves his bike and has ridden for years, but he was also a teacher for 15 years and learnt the art of passing on knowledge and advice, adapting to the needs of individuals. We all have different goals and mind sets that require a specific plan to suit you. As an experienced cycling coach of over 15 years JJ also knows the importance of working with other health professionals to advise on nutrition, strength & core conditioning, bike fitting, massage, muscle and skeletal issues; to offer a one-stop holistic approach to cycling. Cycling is fun, gets you fit, helps you lose weight, works off that pent up stress and is the fastest growing sport in the Thailand.

Whether your goal is simply to enjoy your bike or become the next Bradley Wiggins or Chris Froome, help and advice from JJ will quickly help you achieve your weekly goals. Only a few hours a week fitted around your lifestyle is what it takes to get you there. How much time do you spend commuting in cars or watching TV? Come on, you can all find a few hours a week!

Contact JJ Today to get started on your training plan to achieve your goals.

Start Training- Ride Faster!

Email [jj@jjcoach.com](mailto:jj@jjcoach.com)