



EXPERT TRIATHLETE COACHING

ALL AGES | ALL LEVELS



Michelle Yost has been coaching endurance athletes including swimmers, runners and cyclists for the past 9 years and has been a triathlete for 15 years. She has competed in the Ironman World Championship in Kona 3 times and has qualified in World Championships in all other triathlon distances including Xterra.

Michelle is always looking for different events to challenge herself like running the Grand Canyon Rim to Rim to Rim, swimming the Maui Channel and cycling in the French Alps. Michelle is passionate about helping people reach their goals whether its participating in a local sprint triathlon, running a marathon or qualifying for Kona.



Rife Hilfgartner has been racing Xterra off-road triathlon and has qualified for Xterra world championships every year since 2007. He won the mountain regional championship in 2012 and 2013 and his age group national title in 2015 and 2016. At the world championships,

Rife has finished in the top 10, six times. He has been a triathlon and endurance coach for almost 10 years, leading multiple athletes in multiple distances to PR and many podium steps.

PRIVATE ONE-ON-ONE TRAINING | ONE HOUR SESSION | \$75 Member \$100 Guest

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