



Aryn McLaren

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About Me

I am the founder of Trichievement Multisport and bring over 25 years of experience in endurance sports to the table. I have coached athletes with varying abilities, experience, and goals; including paratriathletes, national championship qualifiers, and beginning age-group athletes.

Degrees & Certifications

- USA Triathlon Level 1 Coach
- USAT Level 1 Paratriathlon Coach
- Training Peaks Level 1 Coach
- US Masters Swimming Level 2 Coach
- Masters of Public Health
- B.A. Biology

Vision:

To foster athletes to become their best self, realize their potential, and pursue their multisport passion.

Mission:

To provide athletes with quality coaching services, exceptional customer service, and premier training facilities to reach their multisport goals.

Experiences

2014 -2020

Trichievement Multisport

- Work with individual athletes remotely and in person. Each athlete receives an initial one: one consultation and testing to foster the athlete, coach relationship. Based on these findings, an individualized training plan is created for each athlete. The primary medium for communication is email, with unlimited communication
- Group based and one-on-one workouts are offered throughout the training program (i.e., brick workouts, open water swim practice, track sessions, ftp testing, swim skills, etc.)
- Number of athletes: 12
- Hours per week 20

2022 -Present

USAT Paratriathlon Coaching Combine

- Hands on experience working with and learning from the High performance Paratriathlon team at the US Olympic and Paralympic Training Center in Colorado Springs, Co.
- One-on-one instruction from Paralympic coaches; Mark Sortino and Greg Mueller

Paratriathlon Sport Development

- Creating paratriathlon experiences for athletes in Iowa including races, clinics, camps, a club
- Serve as a local resource that para athletes can use to advance within the sport of triathlon.



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Coaching Experience in Related Fields

2014 – 2020

Swimming

- Private swim instruction with video/technique analysis and immediate feedback & in-pool instruction
- Open water swim clinics to foster skills and confidence in open water swimming.
- Number of athletes: 20
- Hours per week 4

2017 – 2020

Cycling

- Group cycling classes using Computrainer equipment
- Number of athletes: 8
- Hours per week 3