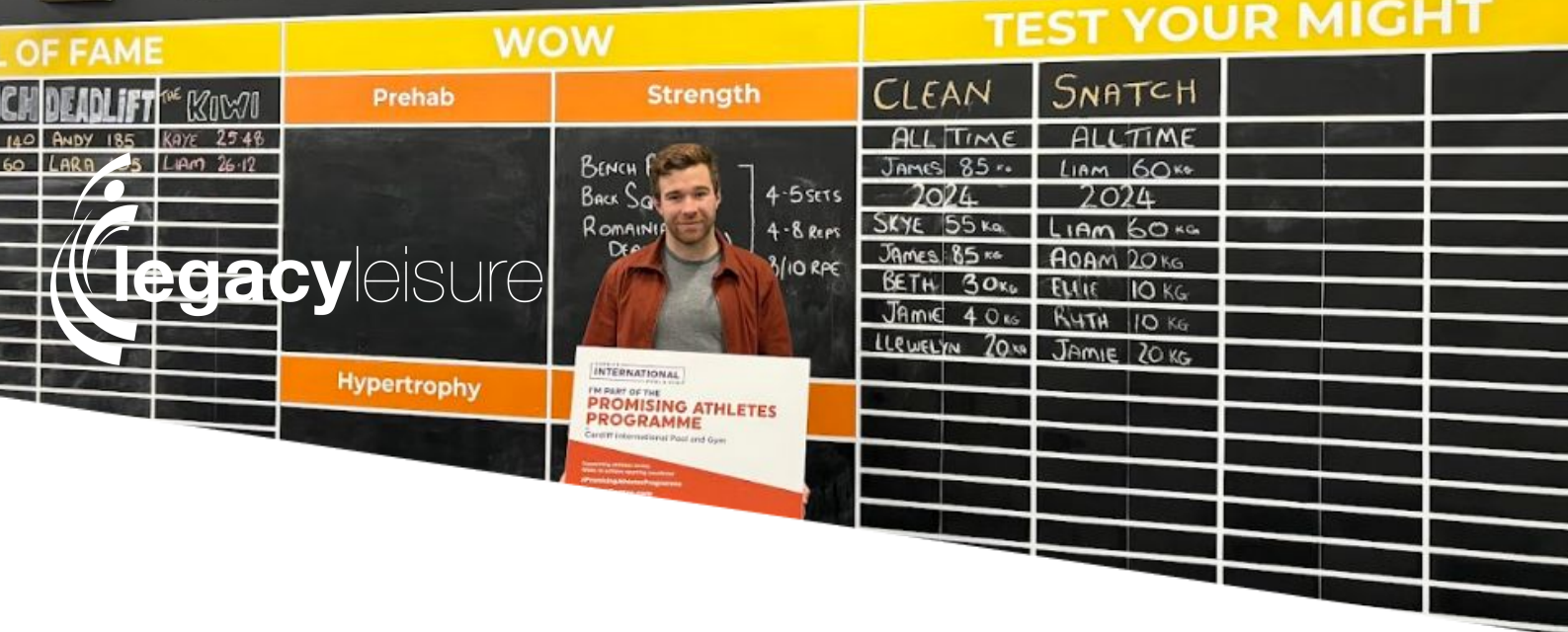


# CARDIFF INTERNATIONAL POOL & GYM



# Taliesin Coombes

## Cardiff International Pool & Gym

### Promising Athlete Program

I started off swimming from a very young age which developed into a further love for running also. With this in mind I decided to start competing in Triathlons as this enabled me to combine my love for both aspects!

My parents have always pushed me into being active from an early age and got me into a pool as early as I can remember. In everything I do they are my number 1 fans pushing me which have only enhanced my development in my career.

# CARDIFF INTERNATIONAL POOL & GYM



## HOW THE PROGRAM WILL SUPPORT ME

All this led to me completing my first Ironman competition within 11 hours which meant I qualified for 1 of the 12 available slots for the World Championships in Nice in 2025.

Thanks to the Promising Athlete Program I will be able to use these fantastic facilities to enhance my training further by combining all aspects under 1 roof.

I currently use the pool facilities at the club I train with however thanks to the support of CIP I will now be aiming to combine this with additional gym work to improve my performance further.

It will certainly benefit me as I start to condition myself ahead of the World Championships which are quickly approaching.

