

Testimonials

“This program helped my swim immensely. It improved my breathing, kick, rotation and stroke. Daniel really takes a one on one approach and tailors his coaching to your individual needs. If you take this program, you will become a better swimmer, no question. I highly recommend this program to anyone who wants to improve their swim.” **-Joe B.**

“I came to the triathlon as a runner and spent a long time just persevering in the water. I tried everything, Total Immersion, a number of local coaches, groups, etc. and made a little improvement. Enter Daniel Brafman.

Daniel is far and away the best swim coach I've worked with in 10+ years in triathlon. He's eagle eyed at identifying form/technique weaknesses, perceptive re cause/effect, and great at communicating individually specific guidance, whether one-on-one or in a group environment - he gives much more than taskmaster swim coaching

Work hard under Daniel? Yes.

Learn lots about swimming? Yes.

Fun? Yes.

Results? YES. My 1500m time dropped from 35ish to under 30, and I was fresher coming out of the water. Good swim coach = free speed on race day. Finding those 5mins on the bike or run.... ouch.

With the time and money that goes into triathlon, why just survive the swim? Race it, and enjoy it. I'd encourage anyone looking to improve their swimming to connect with Daniel. I just hope they're not in my AG.” **-Cullen C.**

“Having played competitive sports for most of my life including college baseball, I have had many coaches. I can honestly say that Daniel ranks among the top for several reasons. He has an ability to blend a professional and structured program with a genuine desire to know you as a person. This approach allows for better collaboration, communication and overall trust. Being able to trust that Daniel has my best interests at the forefront of the training gives me the confidence to not think or second-guess but just do. He also has the ability to push you to your limit without breaking your spirit and does this by rewarding hard work which instills a tremendous amount of confidence as an athlete. This extends beyond the pool or trail and into many other areas of life. I attribute this to his holistic approach of reminding me to always be conscience and respectful of other areas of life when it comes to the day-to-day training which allows me to more accurately monitor and attribute factors to progresses as well as the inevitable plateau.

Within less than six months, I went from not knowing the proper order of a triathlon, not owning a bike and not having swum laps since I was 12 years old to qualifying for the USAT Olympic Distance Age Group National Championships. I owe this to Daniel and his genuine desire to not only see me improve as an athlete but as a person.”

-Jeff M.

“Daniel coached me in both swimming and running. He took an interest in my total conditioning as an athlete, which I really appreciated. After analyzing my gait, he was the first coach to have me alter my running stride. It made a huge difference in my race performance. Thanks, Daniel!-**Lee B.**

“I have hired Daniel as a triathlon coach, swim coach and running coach. Daniel is a consummate professional! He integrates functional training for your key sports with a broad knowledge of the human energy system, kinetics, and optimal nutrition to power your body.”-**Alexei S.**

“Over a few years of knowing Daniel I have found him to be a consummate coach – competent, insightful, patient, open to growth, and emotionally intelligent. So, after 6+ years of injury-riddled training on my own I sought Daniel’s help to run injury-free, race competitively in triathlon, and balance training with a tight schedule. Daniel has been just what I needed. He’s ushered me through my first 6 months of consistent training in nearly seven years, readied me for my best racing, and contributed to my growth as a whole person. All the while, I’ve been working full-time, parenting my first newborn child, and prioritizing a balanced social schedule, none of which lost on him. I couldn’t be more grateful for what we’ve accomplished or more excited about where we’re headed.

The two greatest values I receive from Daniel are learning and hope. Daniel is forever a student of his craft, and I’m the benefactor. He accepts me, connects with me, and teaches the right messages at the right times — about recovery, physiology, nutrition, stress, racing, and balance. I have found this guidance refreshing and enabling. Not only has it kept me healthy and motivated, his coaching lets me rest assured that I’m in great hands. With that, I move ahead as an equipped and hopeful athlete.”-**Heath P.**

“Over 14 years ago I met Daniel training for triathlon. We competed in many of the same events and whether he was training or racing I was very impressed with his focus and preparation. He was, and remains, a diligent student and teacher of nutrition, sports medicine, and biomechanics.

Daniel has successfully transcended into a gifted holistic practitioner and coach. Whether you are a client or friend, Daniel unselfishly shares his knowledge and I remain forever indebted to this gift that keeps on giving.

His commitment to and his passion for his studies is unparalleled. I can honestly say my growth as a person and athlete is in large part attributed to our association and his mentorship.”

-**Philip Bergman** Owner of MindBody Fitness