

## Val Burke - Coaching & Sport Science History

- 2001-Present Owner “Reach Your Peak Endurance Training Systems”
- Coaching & Physiological Testing endurance athletes.
- Seminars & Presentations (NSCA, 2006)

**Newest Challenge!!** Strength & Conditioner to New Zealand Triathlon, NZ Snowboard & Free Skiing.

## Endurance Athletes *a selection of athletes that I have had the pleasure of coaching*

- Male, 25 yrs Pro Cyclist- 2 x 4th Place Stage results 2009 UCI Tour Malaysia (10th GC); 2nd Place Redlands 2009 (9th GC); 3rd Place Stage 2 2008 Sun Tour (9th GC); Winner Tour de White Rock 2007; Provincial TT Champ (New Course Record 2009)
- Female, Named to 2009 Australian National MTB Squad.
- Female, 29 yrs Age Grouper Ironman Triathlete –1st Place Taupo Ironman; 3rd Place Kona World Championships (2009).
- Female, 30 yrs Pro Triathlete. 2nd Place Challenge Wanaka 2009; 3rd Place Challenge Kraukau 2009; 15th Place Challenge Roth.
- Female, 26 yrs - 10th Place in the international “Marathon Des Sables” 2005; Pro Adventure Racer
- Male, Masters Expert 50+ MTB Biker – 2nd Place Masters Category La Ruta 2007 & 2008; 2nd Place UCI World Masters Champs.
- Male, 60 yrs - 1st Place Ironman Canada 2004 & 2005; 2nd 2007

## Employment

- 2000-2001 The New Zealand (NZ) Academy of Sport – South Island  
- “Athlete Liaison”; Medical and Sport Science Co-ordinator
- 1997-2000 The Human Performance Centre, NZ  
- “Exercise Science Co-ordinator”  
- Physiological Testing, Strength & Conditioning elites
- 1995-1997 The University of Otago, PE Department, NZ  
- Lab teacher Exercise Physiology & Exercise Prescription (200-300 level) & Research Assistant

## National Squads (New Zealand) *I have worked with - 1996-2009*

- Triathlon; Snowboard & Free Ski (2008/09): Nordic Ski & Biathlon((2008/09)
- Basketball (Woman’s, 1997-Sydney 2000 Olympics)  
- Lead strength & conditioning consultant & exercise physiologist
- Cycling, Triathlon, Field Hockey, Athletics  
- Physiological Testing & anthropometry support
- Cycling (Road & Track), Wheelchair Rugby  
- Implementation thermoregulation prior to KL Commonwealth Games)

## Academic History

- 1995-1998 The University of Otago (New Zealand)  
- Masters of Physical Education (Exercise Physiology) (Awarded **Distinction**)
- 1986-1991 The University of British Columbia  
- Bachelor of Physical Education/Biology

## Personal Athletic

- Triathlons; Multisport; cycle touring (from 1991, just for fun now!)
- UBC Woman’s Varsity Basketball Player & Captain (1986-91)
- BC Provincial Basketball Rep, Canadian Champion (1985)