

Hello BAC masters swimmers,

I am thrilled and honored to be taking on the role of BAC Masters Lead Coach. I have had the chance to meet many of you through attending practices as a swimmer and coaching the noon practice several times a week. I look forward to meeting more of you in the coming weeks as I settle into my new role.

I am originally from Venezuela, where I raced triathlons professionally for more than a decade. I retired from the international pro circuit in 2012 but I still train and race triathlons today. For the past 15 years, I have coached swimmers, triathletes, cyclists, and runners. I enjoy helping athletes achieve their goals while finding balance in their lives through consistent training, frequent challenges and as much fun as possible. My goal as a coach is to provide the space and environment for each individual to experience and discover the athlete within. I currently work with triathletes, runners, cyclists and masters swimmers at the Bay Club San Francisco and coach athletes remotely in Latin America and the US. I am a Level 2 Certified USMS Coach, Level 1 USA Triathlon Certified coach in addition to other cycling, strength training, and fitness certifications.

For years my wife has told me about her experiences with BAC Masters and how much she cherished the strong community and friendships she built throughout the years. Once we relocated to the Peninsula I was eager to join and become part of this great team. From day one I felt the sense of community and the 4500-yard workouts made me feel at home and motivated me to get back in racing form. I am still working on it though and I am certainly enjoying the challenge of moving back up in the lanes.

We are sharing our workouts via TrainingPeaks. This is a platform for athletes and coaches to share, track and analyze fitness data. You can also have access to the weekly program and other features on TrainingPeaks with a free athlete account linked to my coach's account. Here you'll be able to view workouts for the week, communicate with me and use the platform to track your training and fitness. **This is entirely optional** - it is a powerful and helpful tool I use with my triathlon, running and cycling clients and it may be useful to you, especially if you are training for a specific event and are looking to improve or track your fitness.

To open your free athlete's account go this link:

<https://home.trainingpeaks.com/signup>

Once you have created your account, you can go to this link to link it to my coach's account and have the workouts uploaded to your account:

<https://home.trainingpeaks.com/attachtocoach?sharedKey=ZP6K524FMIF2I>

You can also download the app for your mobile device.

I look forward seeing you at the pool!

Coach Cesar