**Testimonials**

* Thank you for all that you have done. I am amazed at my progress. I realize that I have l lofty goals but you have me well on my way.
* Alison kept me focused working toward my dreams. She fosters a supportive and caring environment for growth as an athlete and as a person. Thank you!
* You do it right! Your track record proves it. Proud to be a TTL athlete and I'm honored to have you all as my coaches and support team.
* The coaches at TTL treat you with the highest respect: whether you're an individual getting off the couch for the first time or an elite athlete training for the Iron Man. They know their stuff.
* I just completed my first marathon, following your fitness schedule to the letter. Never once did I come close to bonking and two days later I felt ready for another race!

**Some of the Links TTL wants somewhere on their site.**

*(You do not have to use them all)*

* [Active.com](http://www.active.com/)
* [Runner's World](http://www.runnersworld.com/)
* [endomondo.com](https://www.endomondo.com/)
* [Strava](http://www.strava.com/)
* [Bicycling Magazine](http://www.bicycling.com/)
* [VeloNews](http://velonews.competitor.com/)
* [Bicycle Tutor](http://bicycletutor.com/)
* [Swim Smooth](http://www.swimsmooth.com/)
* [Swimming World](http://www.swimmingworldmagazine.com/)
* [USA Swimming](http://www.usaswimming.org/)
* [triathlon.org](http://www.triathlon.org/)
* [usatriathlon.org](http://www.usatriathlon.org/)
* [Texas Triathlons](http://www.trifind.com/tx.html)
* [CapTex Triathlon](http://www.captextri.com/)
* [Triathlon Calendar](http://www.trifind.com/)
* [Triathlete.com](http://triathlon.competitor.com/)
* [Trifuel.com](http://www.trifuel.com/)