

About -> Mission Statement: **Train Smart, Race Strong**

Introduction

Background and experience

Mission Statement - At tidal endurance, our mission is to empower athletes to reach their full potential through purposeful, evidence based, endurance training. We combine theory and the most recent training science, with real world racing experience, to help athletes train smarter, race stronger, and thrive in their pursuit of balance in health and performance.

Introduction - Dave is a dedicated endurance coach specializing in running and triathlon performance. With a comprehensive understanding of theory, performance optimization, and injury prevention, he helps athletes reach their full potential. With a diverse racing background, from 5kms on road to 100km on trail, and AG finishes at short and long course triathlon, Dave brings firsthand experience to his coaching.

Dave's evidence based approach and commitment to athlete development ensures that every plan is purposeful, sustainable, and aligned with success. He has coached athletes from their 20's through 70's to debut marathons and many PRs.

Credentials: RRCA Certified Coach, 2024
CPR, AED, First Aid Certified, 2024
USAT Certified Coach, 2025

Experience: Triathlon:

2025 Ironman Maryland 140.6 -	9:46:28
2024 Patriot Half Ironman 70.3	4:45:00

Marathon:

2024 Chicago Marathon 26.2 -	2.52.01
2023 New York Marathon 26.2 -	3.12:15

UltraMarathon:

2025 Hamsterwheel 12hr - 100k	1st Place
2024 Anchor Down 6hr - 37mi	1st Place