



Welcome to No Code Coaching

More than a training plan.

Helping everyday athletes build confidence, chase meaningful goals and discover what they're capable of.

Whether you're training for your first event, chasing a personal best or simply wanting to become a stronger, healthier athlete.

No Code was built on a simple belief

Great coaching isn't about creating the perfect training plan.

It's about creating a plan that fits your life. Because life isn't lived in perfect training blocks. There'll be busy weeks, family commitments, work, travel, unexpected setbacks.

Real coaching adapts to those moments rather than pretending they don't exist.

Our goal is simple:

To provide personalised coaching that helps you train consistently, enjoy the journey and achieve goals that genuinely matter to you.

Welcome aboard.

This is where we live | Our Values

Work Hard

Great results aren't built through shortcuts.

They're built through showing up, doing the work and embracing the process.

Be Consistent

Consistency will always beat perfection.

The best athletes aren't always the fastest.

They're the ones who keep turning up.

Stay Humble

Celebrate your wins.

Support others.

Keep learning.

Never lose sight of why you started.

Everything we do at No Code Coaching comes back to these three values.



Meet Your Coaching Team

Mark Thomson

Founder | Coach

I believe extraordinary things are possible for ordinary people.

My role is to help you build confidence, create consistency and remove the guesswork from training.

Whether your goal is a 5km, an ultra marathon, a cycling event, triathlon or simply becoming a fitter version of yourself, every coaching plan is built around your life, not the other way around.



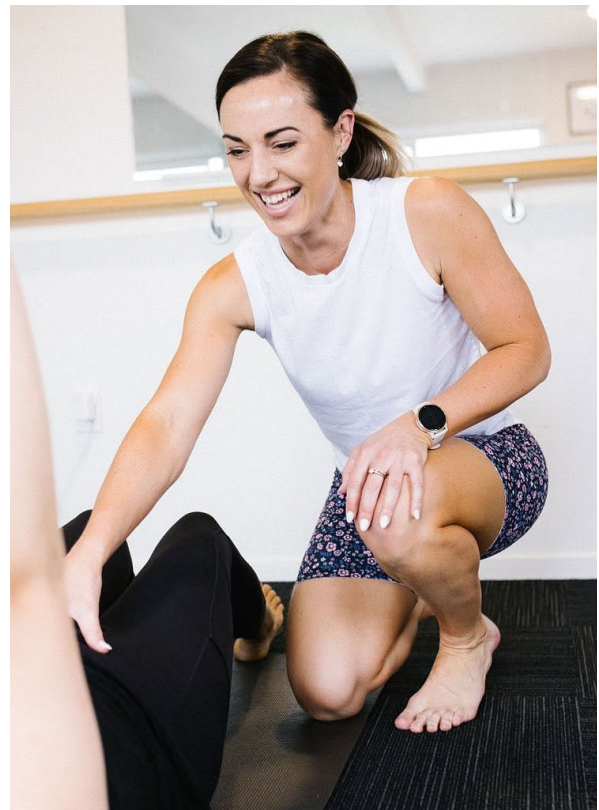
Sara Ryan

Strength & Conditioning and Nutrition Coach

Strong athletes stay healthier, move and fuel better and enjoy training for longer.

Sara brings movement, strength, mobility, nutrition and injury prevention together through personalised strength programming and guided movement sessions designed to complement your training.

Together, we're here to help you become the strongest version of yourself.



Every No Code Athlete Receives:

Every coaching membership includes:



Personalised TrainingPeaks coaching plan



Initial consultation and goal setting



Ongoing coaching adjustments



Personalised race and event planning



Access to the No Code Collective WhatsApp community



Exclusive member pricing on the No Code x WYN Republic Athlete Collection Merchandise



Educational resources and coaching insights



Genuine coaching support from people who care about your journey

Communication

Every membership includes ongoing coaching support.

Response times vary depending on your membership level, however we aim to respond within the timeframes outlined in your selected membership.

Race week and urgent support will always be prioritised where possible.

Choose Your Membership

Foundations

Build Your Confidence - *For athletes who know they'll do the work - they just want the right roadmap.*

Perfect for athletes wanting personalised coaching with the flexibility to train independently while knowing an experienced coach is helping guide the journey.

\$149/month

Momentum

Build Consistency - *For athletes ready to experience the benefits of structured coaching.*

Perfect for athletes who are ready to take the next step with structured coaching.

Whether you're new to following a personalised training plan or looking for greater accountability, Momentum provides the regular communication, guidance and support to help you build confidence, establish consistency and keep progressing towards your goals.

\$219/month

Summit

Chase Your Potential - *For athletes wanting a fully integrated coaching experience.*

Our most complete coaching experience.

Summit combines personalised endurance coaching, integrated strength & conditioning, movement coaching and premium athlete support to help you perform at your best.

\$349/month

Membership Comparison

	Foundations	Momentum	Summit
Personalised Coaching Plan	✓	✓	✓
Coaching Plan Updates	Fortnightly	Weekly	As Required
Training Feedback	Key Sessions	Ongoing	Comprehensive
Coach Support	Email & TrainingPeaks	Email, TrainingPeaks & WhatsApp	Priority Support
Training Zone Reviews	Initial Set-up	Updated as Required	Continually Reviewed
Strength & Conditioning Plan	-	✓	✓
Guided movement / Pilates sessions*	-	Available*	Included*
Complimentary No Code Event Entry	-	1 Per Year	All Events
No Code WhatsApp Group	✓	✓	✓
WYN Athlete Pricing	✓	✓	✓

**Subject to location and availability.*

Looking for something more?

Athletes pursuing elite performance goals or requiring a highly personalised coaching partnership are welcome to contact us to discuss a bespoke coaching arrangement.

Ready to get Started?

Step One

Complete your Athlete Onboarding Questionnaire

This helps us understand your background, training history, goals and lifestyle before we begin building your personalised coaching plan.

[Questionnaire](#)

Step Two

Choose your Membership

All memberships are billed monthly through our secure Stripe payment platform.

Foundations – \$149/month Momentum – \$219/month Summit – \$349/month

[Join Foundations](#)

[Join Momentum](#)

[Join Summit](#)

Prefer to pay by Automatic Payment?

We're happy to accommodate this. Simply use the account details below and we'll take care of the rest.

New Zealand Athletes

Internet Banking

Automatic Payment

Account Name: No Code Events

Account No: 12-3245-0591789-37

International Athletes

Bank: ASB Bank Limited

Account Name: No Code Events

Account No: 12-3245-0591789-37

SWIFT/BIC: ASBBNZ2A

International transfer fees and exchange rates are determined by your banking provider.

Payment Reference: Please use: **Your Name | No Code Coaching**

Billing

Coaching memberships are billed monthly from your individual coaching start date.

For example, if your coaching begins on the 12th of the month, future payments will occur on the 12th of each following month.

Payments are made in advance and secure your place within the No Code Coaching roster.

Pausing or Cancelling

Life happens. If you need to pause or cancel your coaching, simply provide **7 days'** notice before your next billing date.

Step Three

Accept your TrainingPeaks invitation

[TrainingPeaks](#)

Step Four

Join the No Code WhatsApp Group

Our private WhatsApp community is where athletes celebrate wins, ask questions, share training adventures and encourage one another.

There's never any pressure to post. Just know the crew is always in your corner.

[WhatsApp](#)

Step Five

Let's get moving

Once your questionnaire has been received and your TrainingPeaks account is connected, we'll schedule your initial consultation and begin building your personalised coaching plan.



NO CODE COACHING

CARVED, NOT CURATED.

“

“Great things aren't built in a day. They're built one session, one decision, one step at a time.

Work hard. Be consistent. Stay humble.”

— Mark Thomson | No Code

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