

Megan Granich

Born and raised in Los Angeles, currently living in Hermosa Beach.

Athletic Background:

- Grew up playing basketball, running track and skiing
- Started running again as an adult and eventually transitioned into triathlon in 2014
- Has raced at all levels and distances: Sprints, Olympics, Ironman 70.3, Full Ironman
- 2 x Ironman 70.3 World Championship Qualifier
- 3 x Boston Marathon Qualifier
- 3 x USAT Age Group National Qualifier
- Other athletic pursuits include trail running and Gran Fondo events

Coaching Background:

- USAT Level 1 Coach
- USAT Certified Long Course Coach
- Tower 26 Triathlon Coach 2021-2024
- Trained under world-renowned triathlon swim coach Gerry Rodrigues since 2015

Other Areas of Interest:

- Sports nutrition
- Female health and the unique challenges they face in the sport of triathlon
- Sports psychology

Education:

- Bachelor of Science in Mathematics, Loyola Marymount University, 2000
- Masters of Arts in Teaching Mathematics, Loyola Marymount University, 2002

Coaching Philosophy:

With years of experience as a triathlete and the privilege of learning from top coaches, elite athletes, and sports professionals, I've gained deep insights and proven strategies that can elevate your performance in triathlon. My mission is to share this wealth of knowledge with you, empowering you to achieve your full potential.

Triathlon is about more than just crossing the finish line first; it's about building discipline, pushing through challenges, and developing a strong mindset. As your coach, I want to instill these qualities in you, guiding you through personal milestones and helping you overcome any obstacles in your path.

I understand how challenging it can be to balance training with the demands of a full-time job, family, and other commitments. My job as your coach is to help you seamlessly integrate training into your life, rather than having to fit your life around training. This way, you can stay focused on your goals while still prioritizing what matters most to you.

Whether you're starting from scratch or looking to take your performance to the next level, I'm here to support you every step of the way as you transform your potential into remarkable achievements.