

Celia Dubey, Coach, Elite Athlete, & Owner of Total Fitness



"My progress in Multisport has been unparalleled since I started training with Celia."
Joan Stolz, Duathlete 50-54



Health Club & Spa

"Celia has helped me unlock my potential. Not only has my running and biking gotten better, my self confidence has soared!"
Bonnie Smith, Triathlete 40-44



"I have never had so much fun training for any sport and this is because of Celia's enthusiasm for life and her genuine interest in her athletes and their success. Celia is the best coach ever!!"
Andre Terblanche, Triathlete 40-44

"Celia has been my trainer since 2008. Without her guidance, expertise, problem solving and encouragement, I would not have over 25, 1st place finishes. The scope of her training is all encompassing; diet, race strategy, technical improvements, equipment recommendations, planning training regimens, monitoring progress, etc.....And it's all accomplished with enthusiasm, energy, knowledge and heart. She is wonderful and I am lucky to have her as a friend and coach." Jack Welber, Triathlete 75-79



"Celia is inspiring, fun, and has helped me to achieve several division wins in just two seasons!"
Ken O'Day, Triathlete & Duathlete 45-49



Credentials
USAT Triathlon Coach
AFTA Personal Trainer
Team-in-Training Run Coach
Owner of Total Fitness Health Club & Spa

Accomplishments
ITU Duathlon World Champion 2013
USAT Duathlon National Champion 2013 & 2007
ITU Duathlon Silver Medalist 2011
ITU Duathlon World Championship 5th place, 2007
USAT Triathlon National Championship 4th place, 2012
USAT World Championship Team USA Member, 2004-2013
USAT All American Duathlete, 2003-2013
USAT All American Triathlete, 2003-2012



Celia@TarponTotalFitness.com
813-690-8989



"After three months of track workouts with Celia, I took three minutes off my 5K time. Then I did my first 15K and got 3rd in my age group!! She also coached me for the Athens Marathon last year and not only did I feel GREAT at the finish, I got a PR and took 45 minutes off my marathon time!! Celia Rocks!!"
Amy Canavan, Runner 35-39



"Within three years, I went from middle of the pack finishes to a National Championship title.
Celia is awesome."
David Morrow, Triathlete 60-64

