

Robyn De Groot

Former Professional Athlete

Speciality: MTB Marathon | Stage Racing Specialist

COACH

Robyn is a former professional mountain bike athlete with an elite racing career spanning nearly two decades (2005–2023). Renowned for her consistency, resilience, & tactical racing ability, Robyn competed at the highest level of international marathon mountain biking (XCM), representing South Africa with distinction on the world stage.

She holds a Bachelor of Arts in Sport Psychology and a BSc (Med) Honours in Exercise Science (Biokinetics), combining academic excellence with real-world elite performance experience. This unique blend allows Robyn to approach athlete development holistically integrating physical conditioning, performance psychology, and long-term athlete wellbeing.

In 2019, Robyn founded THRIVE, a performance-focused coaching platform dedicated to sustainable athlete development, durability, & resilience across endurance sports. She specializes in mountain biking, with a strong focus on marathon (XCM) performance, durability training, and athlete longevity.

Career Highlights

- 🏆 6 × South African XCM National Champion
- 🥉 Bronze Medal – XCM World Championships
- 🥇 Winner – Swiss Epic
- 🥇 Winner – Montafon Extreme
- 🚵 Cape Epic •10 Stage Wins •General Classification: 🥈 ×2 | 🥉 ×2 Connect

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Sabine Spitz

COACH

Olympics: Gold (2008) | Silver (2012), Bronze (2004)

World Champion in 2003 (XCO) & 2009 (XCM)

Speciality: Cross-Country Olympic & Marathon

Sabine Spitz is one of Germany's most successful mountain bikers, known for her endurance, race intelligence, and longevity at the highest level of competition.

After an elite career spanning over two decades, she transitioned into coaching, mentoring, and athlete development. Sabine emphasizes long-term athlete development rather than quick success. Her approach focuses on: Sustainable training loads, Technical skill progression, Psychological resilience, Balancing performance and health.
Her philosophy is shaped by competing at world class level for many years and maintaining elite performance into her early 40s.
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