

FREE TRAINING SEMINAR

Prehab - Prepare - Fuel - Accelerate

Integrated Workout & Workshop for Multisport and Endurance Athletes

Prehab

P

Functional Warm-up, Cool-down
Joint Mobility & Stability
3-Dimensional Training

Prepare

Pr

Sport-Specific Exercise
Race Day Preparation
Mental Training

Fuel

F

Loading, Maintenance, Recovery
Determining Energy Needs
Nutrition Periodization

Accelerate

A

Muscular Power Development
Speed, Strength, Endurance
Periodization

Tuesday, December 15TH 6⁰⁰-7³⁰ PM

Coaches Include:

Bryan Hill (Physical Therapist)
Lesley Paterson (Elite Triathlete & Coach)
Justin Robinson (Registered Sports Dietitian)

Brian Wilson (Elite Cyclist & Coach)
Trevor Glavin (Elite Triathlete & Coach)



Physical Therapy & Sports Performance Center

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