

The bullet proof triathlete.

Workshop: Strength, conditioning and body maintenance for triathletes.

When: 18th February. 1.00pm-4.00pm

Where: MacRobertson Girls High School. Kingsway, Melbourne.

Details: This three-hour workshop is centred around how to effectively incorporate strength and conditioning into a triathlete's program. It is useful for both athletes and coaches who are looking to improve performance and reduce injuries.

The workshop will look at

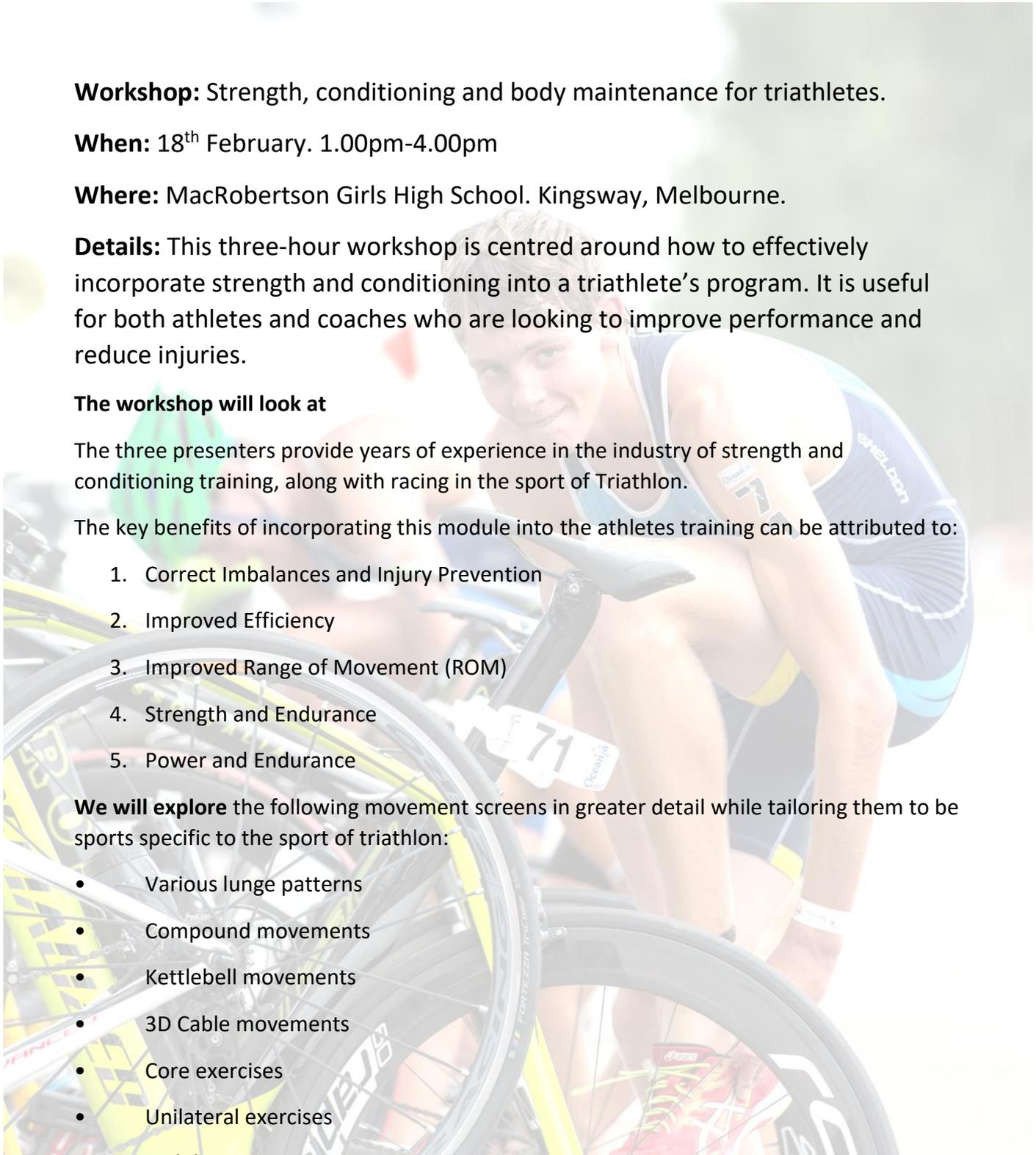
The three presenters provide years of experience in the industry of strength and conditioning training, along with racing in the sport of Triathlon.

The key benefits of incorporating this module into the athletes training can be attributed to:

1. Correct Imbalances and Injury Prevention
2. Improved Efficiency
3. Improved Range of Movement (ROM)
4. Strength and Endurance
5. Power and Endurance

We will explore the following movement screens in greater detail while tailoring them to be sports specific to the sport of triathlon:

- Various lunge patterns
- Compound movements
- Kettlebell movements
- 3D Cable movements
- Core exercises
- Unilateral exercises
- Stability exercises
- Corrective exercises using Self-Myofascial Release (SMR) techniques and stretching.





Presenters:

Tony Fahkry is a leading expert with over twelve years' experience at the highest level as a professional speaker, author and integrated strength and conditioning coach. His understanding and integration of mind and body concepts bridges the gap between strength and conditioning, wellness and a holistic approach to peak performance. Tony currently works with athletes, CEO's and corporate executives and has a solid understanding and interest in: nutrition, lifestyle wellbeing, mental resilience and mindfulness. Discover more via: www.tonyfahkry.com

Ryan Mannix:

Ryan is passionate about movement, health and well-being. He was an elite athlete for 10 years. Racing internationally in both running and duathlon, representing Australia on a number of occasions. He brings years of experience on how to incorporate strength and conditioning into a triathlete's program and how to build a bulletproof body to reduce injury and enhance efficiency. Ryan is now a Yoga teacher, teaching in Melbourne and internationally. Ryan found yoga through rehabilitating an injury and has since used the many benefits of the practice to improve his own and others performance.

Greg Porter:

Current presenter with Athletics Australia/Athletics Victoria for recreation running & strength & conditioning and with Indigenous marathon foundation/project. His qualifications include Cert 4 personal trainer, Level 2 recreation running coach, Mobility & movement advanced courses, Powerplate advanced instructor, Level 2 advanced outdoor bootcamp instructor, Level 2 functional fitness trainer & advanced caveman trainer and Advanced boxing & kickboxing instructor. He is also a 4-time Ironman finisher.