



Online Coach Workshops

Subject: Online Coach Workshops

Message from Billy Green February 1, 2021 18:04

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ONLINE Coach Workshops

Physical Preparation, presented by Rob Thickpenny.

Session 1 Monday 22nd February 2021

6.30pm - 8.30pm

Session 2 Saturday 13th March 2021

10.00am - 12.30pm

Physical Preparation;

Finding a solution to improve athlete performance and health in challenging times.

- o The basics of movement.
- o How to use different movement patterns for screening and what this tells you.
- o General strength exercises using just bodyweight.
- o Strength exercises using resistance bands.

FREE to Essex Athletics Club members, £10 to Non-EAN Club members.

(one athlete can be booked via Coach booking)

Signup online;

Session 1 ean-phyprep-1.eventbrite.com

Session 2 ean-phyprep-2.eventbrite.com

Rob graduated from Brunel University in 1998 with an honours degree in Sports Science where he focused on biomechanics and exercise physiology. He is an experienced strength and conditioning coach and has worked in elite and grassroots sport for 19 years. He provides performance solutions to international athletes, professional rugby players, professional squash players, elite cyclists and academy footballers. Rob is a former England Athletics Physical Preparation lead where he delivered a world class programme of coach and

