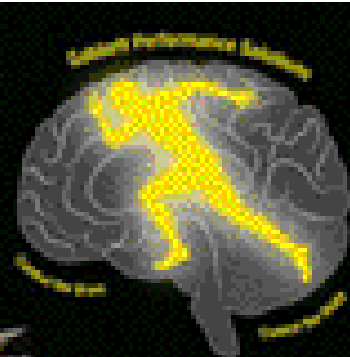


# OPTIMIZING ATHLETE PERFORMANCE WORKSHOP



Presented by World-Renowned Sport Scientist, Dr. Tim Gabbett

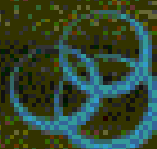
Comprehensive 2-day workshop encompassing:

- A Best Practice Approach to Workload Monitoring
- Building Robust Athletes
- Testing and Training Elite Football Players
- Roundtable Discussion and Q&A

Dates: 27th-28th Sept, 2017 & 30th Sept-1st Oct, 2017

Location: Sweden

Contact: [martin@specialistgruppen.se](mailto:martin@specialistgruppen.se)



**SPECIALISTGRUPPEN**  
MODERNA ANFÄRDSVÄGAR PÅ SVENSKA



Specialistgruppen and Gabbett Performance invites  
to a very interesting and exciting workshop.

## ”Optimising Athlete Performance” med dr. Tim Gabbett.

Course programme (with reservation for minor changes):

### Day 1 - Workload and injuries workshop

- A best practice approach to training monitoring
- Should we be training smarter and harder?
- What are we training for?
- The good, the bad and the ugly: Some case studies & practical sessions - Build robust athletes

### Day 2 - Testing and training elite football players

- Physical demands of match-play
- Repeated sprint demands
- Practical session: performing a RSA test - Data analysis and interpretation - Pacing
- What do the best football development programs look like?

**Costs:** 4500SEK (VAT excluded)

### Dates & places:

September 27/28 - Kristianstad (Day 1 09:00 - 17:00, Day 2 08:30 - 16:30)

Sep 30/Oct 1 - Stockholm (Day 1 09:00 - 17:00, Day 2 08:30 - 16:30)

### Registration:

By email to: [info@specialistgruppen.se](mailto:info@specialistgruppen.se)

State name and address for the invoice and if you want to participate in Kristianstad or Stockholm. The registration is binding. In terms of cancellation later than 3 weeks before the course date, the course fee will not be refunded. The place could be giving over to another participant.

If there are any questions please contact Martin Asker at: [martin@specialistgruppen.se](mailto:martin@specialistgruppen.se)

Read more about Tim Gabbett and his work here:

<http://gabbettperformance.com.au/pro-le/>