



Strength and Conditioning Programs

Periodised Strength and Conditioning program - includes loading and unloading cycles (higher and lower intensity and volume cycles)

I can write programs for:

- XC riders
- DH riders
- 4X riders
- Road riders
- Multi-sport athletes
- BMX riders

Includes:

- Off-bike strength session programs (which are under-prescribed in cycling)
- Conditioning programs for mountain bikers and road cyclists to suit experience/level/age
- Multi-sport conditioning programs
- Testing
- Nutrition
- Psychological tips upon request
- Skype, phone and email contact is available whenever required.

Price

\$250 for 3 months, \$400 for 6 months, \$750 for 12 months

Price is based on time taken to write program, including research and ongoing contact

Extra details

Rider/athlete must fill out a riding/training questionnaire and a health screen questionnaire in order for me to know about training, injury and medical history to develop the most suitable program.

Note: Where appropriate it is possible to receive the same program for a group of riders/athletes making it cheaper for the group. Training history/competition level/age should be similar in order for the program to be beneficial for all group members.

Sebastian Green

B.Ex.Sc., M.Ex.&Sp.Sc

Level 2 ASCA Strength & Conditioning Certificate

Level 1 Olympic Lifting/Sports Power Coach Certificate

Phone 0416 977 963

Email seabass_99@hotmail.com

Public liability and professional indemnity insurance