



BSPA WIEN FORTBILDUNGS-AKADEMIE

STRENGTH TRAINING FOR ENDURANCE SPORTS PLANNING & PRACTICE



BSPA Wien
FORTBILDUNGS-AKADEMIE

-50%

ROCKSTAR

10.-11.08.19

BSPA WIEN
AUF DER SCHMELZ 6
1150 WIEN
9 AM - 4 PM

YANNIK MORIN

STRENGTH & CONDITIONING COACH (CAN)
FORMER OLYMPIC ATHLETE

REGISTRATION:

WWW.BSPA-FORTBILDUNGS-AKADEMIE.AT

PRICE: € 297



SCHEDULE AND MAIN CONTENT:

Does a marathon runner need strength training?

Will strength training increase your Ironman performance?

Strength training for endurance athletes is an intensely discussed topic. Popular discussion points are:

- Muscle mass – How much is useful for endurance athletes?
- Interfering effects of training sessions – Strength and endurance training can't be combined!
- Benefits for competition performance – Does more power really help me winning?
- Execution of exercises – I.e. Squats do need good ankle flexibility. But isn't exactly that decreasing the power transfer in running?
- Necessary force values – how many training sessions are needed?

What is your position on this? Do you do strength training with your athletes?

Our expert from Canada definitely does! And he comes with a whole bunch of studies, expertise, experiences and practical examples of world class athletes doing strength training on a regular basis!

Make sure you attend this lecture!

This is a workshop with a mix of practical work and theoretical input. Most valuable for endurance sports and strength and conditioning coaches!

This is **WHY** you should attend this lecture!

- Learning how to use strength training to improve the performance of your athletes
- To know how to combine endurance and strength training in an optimal way
- To learn the practical execution of useful lifting exercises
- Using the experience and expertise of a former Olympic athlete for your athletes
- Learning how strength training can prevent your athletes from injuries

WHO should attend this lecture?

- Coaches from endurance sports like:
Running, cycling, triathlon, swimming, cross country skiing, adventure racing
- Strength and Conditioning Coaches
- Personal Coaches
- Coaches and athletes who are interested in improving performance with strength training



AGENDA, SATURDAY 10.8.19

PART 1: THEORY OF STRENGTH TRAINING FOR ENDURANCE SPORTS

- Benefits of strength training for endurance sports
- Defining the determinants of performance in endurance sports
- Science behind weight training for endurance sports
- Weight training for endurance sports and injuries prevention

PART 2: PRACTICE OF ASSESSMENT AND PROGRESSION

- Endurance athlete physical assessment
- Strength and power evaluation
- Evaluation techniques
- Progression and regression of exercise according to the level of the athlete

AGENDA, SUNDAY 11.8.19

PART 3: PRACTICE OF COACHING STRENGTH EXERCISES

- Execution of exercises
- Specific movement coaching

PART 4: THEORY OF IMPLEMENTING STRENGTH TRAINING INTO ENDURANCE SPORTS

- Designing and implementing an effective weight training program
- Elaboration of training plans for endurance athletes
- Determining exercise choices and training parameters based on the training phase
- Quantification of volume/intensity and monitoring
- Is there a special need in weight lifting for endurance athletes?
- Training plan examples for elite endurance athletes



Yannik Morin (CAN)

Strength & Conditioning Coach, Former Olympic Athlete



Yannik Morin is a strength and conditioning coach based in Québec, Canada.

Morin has over 23 years of professional experience under his belt and had been working with Canada's best athletes from many disciplines. He has a diploma in Physical Preparation and Evaluation from Poitiers University.

As an athlete, Yannik competed at the 2002 Salt-Lake-City Olympic in 2-man Bobsleigh. He is a 5 times Canadian champion in Track Cycling, as well as a multiple time medallist at the Pan Am Championship. He also went on to participate twice at the Track Cycling World Championship. He is known to be innovative, creative and excellent at transferring information that is up to date and ready to use.

He is currently working with several coaches to develop the best athletes in the sports of road cycling, track cycling, mountain biking and triathlon for the upcoming Tokyo Olympics.

As a Head and S&C Coach he worked with a whole bunch of elite athletes:

- Hugo Houle, Astana Team, World Tour Cycling
- Stéphanie Roy, PRO Ironman 70,3
- Antoine Jolicœur-Desroche Pro Ironman
- Marie-Soleil Blais, Astana Team, Woman World Tour
- Pavlos Antoniadès, ITU triathlon junior Canadian Champion, and 8th at Junior World Championship 2018
- Léandre Bouchard, National Team mountain bike, road to Tokyo 2020
- Cindy Montanbeault, National Team mountain bike, road to Tokyo 2020
- Hugo Barrette, Rio Olympic, Pan Am Games Champion Track Cycling sprint road to Tokyo 2020
- Lauriane Genest, Commonwealth Games, Track Cycling sprint road to Tokyo 2020
- Mike Saunders, World Master Champion 2013, Strongman
- Marie-claude Molnar, 2012 London Paralympic games medalist.
- Christophe Normand, Pro CFL Football, currently for the Montreal Alouettes.

MORE INFORMATION HERE:



<https://www.facebook.com/Yannik-Morin-Coach-Yan-1756707721234773/>



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TARGET AUDIENCE:

Coaches from endurance sports like:

Running, cycling, triathlon, swimming, cross country skiing, adventure racing

Strength and Conditioning Coaches, Personal Coaches

Coaches and athletes who are interested in improving performance with strength training

PRESENTATION LANGUAGE:

English

DATE AND TIME:

Saturday 10.08.19 | 09:00 AM – 04:00 PM

Sunday 11.08.19 | 09:00 AM – 04:00 PM

LOCATION:

Fortbildungsakademie BSPA Wien

Auf der Schmelz 6,

1150 Wien

PRICING:

ONLY € 297

>> CLICK HERE FOR TICKETS! <<

<https://bit.ly/2JmpC8G>

-50%

ROCKSTAR

AVAILABLE SEATS:

Minimum 10

The organizer reserves the right to postpone, cancel or alter the program of the event if the minimum amount of reservations has not been reached.

ATTENTION:

This workshop contains a practical and active part. Please make sure to wear appropriate sports clothing and shoes. If you refuse to participate actively, please write us a message. Locker rooms and showers are provided at the event location.





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PARKING INFORMATION AND ARRIVAL:



BY CAR:

At the institutional framework only a very short number of parking spaces are available. It is advisable to consider enough time for searching. On weekdays there are short-term parking zones around the institute. On Saturday and Sunday parking around the building is free of charge.

BY PUBLIC TRANSPORTATION

Either by the metro (station U3 Johnstraße) with a short walk (5 min) or directly by the bus (station 10A to Auf der Schmelz).

CONTACT DETAILS

Website

WWW.BSPA-FORTBILDUNGSKADEMIE.AT

Mail

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