



COURSE TIMETABLE

Start Time 9:00am

9am Introduction

10:15am Nutritional Considerations for Strength, Power & Speed

12:45pm Lunch
(Lunch will be provided)

2:30pm Advanced Fat Loss Strategies

3.45pm Making Weight

10am 15-minute break
(Refreshments will be provided)

12pm Creating Your Own Diet Workshop 1

1:45pm Creating Your Own Diet Workshop 2

3:30pm 15-minute break
(Refreshments will be provided)

Approx finishing time 5:15pm

Lectures

Seminars

Workshops



TO GET IN TOUCH ▶

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