The idea of strength and power training for an endurance sport such as triathlon seems counterintuitive. However, over the past 10 years, endurance athletes have started to realise that strength training is essential if they are to maximise their performance. The factor that sets the winners from the also-rans is speed and efficiency. A well structured conditioning programme represents a valuable “untapped pool” of huge potential gain...but it doesn’t happen by chance!

SESSION ONE - Movement Quality Training
During the first session Ian Pyper will give you an insight into his experiences and work with World Series and Olympic level triathletes. Ian focuses on movement conditioning with all of his triathletes. This session will demonstrate that by being consistent with your approach to movement development you will be a well conditioned triathlete, able to withstand the training demands with less chance of missing training through injury.

SESSION TWO - Strength and Power Development
In this session Mark will explore exactly what strength means in the context of an endurance athlete, and more importantly, how to implement it. Areas covered will include reactive strength (the ability to use tendons to store and return elastic energy), explosive strength (such as that required when driving hard on the bike), and postural strength (the ability to hold correct technique with ease). You will discover how these qualities impact on performance and how they will improve your performance.

SESSION THREE - Invisible Training
Training for a triathlon can be brutal. Nick will show you how to optimise physiological adaptations whilst reducing the risk of residual fatigue, injury, overtraining and underperformance. Nick will explore the multifactorial nature of fatigue, its impact on performance and injury and how invisible training will significantly enhance your performances. You don’t get better from training - you get better by recovering from training!

www.nickgrantham.com
**MEET YOUR COACHES....MORE THAN 30 YEARS COMBINED EXPERIENCE AT YOUR FINGERTIPS**

**Ian Pyper - MSC, ASCC**
Ian has been working in elite sport as a strength and conditioning coach since 2006. His work has involved the preparation of elite athletes for two Olympic cycles.

Ian’s experiences and understanding of endurance sport is drawn from working with the successful British Triathlon training group based in Leeds, including World and Olympic champions, Alistair and Jonathan Brownlee.

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**Mark Jarvis - MSc, ASCC**
Mark has been working as an elite strength and conditioning coach since 2002. This has included medalists at the Beijing 2008 & London 2012 Olympic and Paralympic Games.

Mark currently runs 4th Discipline Triathlon S&C Training and is the author of “Strength & Conditioning for Triathlon – the 4th Discipline” (Bloomsbury, in press).

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**Nick Grantham - MSc, CSCS, ASCC**
Nick’s career spans four Olympic cycles and he has become recognised as a specialist in athletic preparation. He has helped athletes at all levels achieve their personal goals and ambitions.

Nick has a great ability to make the complex seem obvious and simple and has featured regularly in runners world, triathletes world and outdoor fitness magazines.

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**To register:**
Send completed Registration Form along with payment to Nick Grantham Consultancy Ltd (address overleaf)
Triathlon Fitness - The 4th Discipline Workshop Booking Form

Your Name ________________________________________________________________

Workshop fee enclosed (£95 before 7th December £125 thereafter) £_______________

Address __________________________________________________________________________________

___________________________________________________________ Post Code _______________________

E-mail ____________________________________________________________________________________

Tel No (day) ____________________________ (evening) __________________________

How did you hear about the workshop?______________________________________________________________________________________________

Your profession (triathlete, coach etc) _____________________________________________________________________________________________

Terms & Conditions
- Completion and the signing of this form creates a binding agreement to attend the workshop and pay the full fee.
- Upon receipt of your application form and workshop fee you will be sent an e-mail confirming your place on the workshop and receipt of the workshop fee. If you are being funded to attend a workshop, the workshop fee must be made at least 4 weeks prior to the workshop date.
- A full refund, less a £15 administration fee, will be made if written cancellation is received four weeks prior to the workshop date. No refunds will be made after this time, for whatever reason. Substitute delegates are accepted at any time.
- Nick Grantham Consultancy Ltd reserves the right to cancel the workshop if there are insufficient enrolments. If, in the unlikely event a coach(s) cannot attend the workshop, Nick Grantham Consultancy Ltd will endeavour to find a new date for the workshop to be held.
- Nick Grantham Consultancy Ltd will not be held responsible for any damages incurred as a result of workshop cancellation.
- This form is correct at the time of printing, but is subject to alteration.
- Please complete the following:

I agree to the conditions of enrolment and enclose a cheque for £_______________ as full fee made payable to Nick Grantham Ltd for the Triathlon Fitness workshop.

Signature: ............................................................................................. Date: .............................................................

Please return this completed application form with your full fee to:
Nick Grantham Consultancy Ltd, 8 Kensington Avenue Gosforth Newcastle Upon Tyne, Tyne & Wear. NE3 2HP
Tel: 07828 162 022
E-mail: info@nickgrantham.com

www.nickgrantham.com