

LCDP Workshop: Physical Preparation - Olympic Lifting
10:00am to 1:00pm Saturday 4th February
Crystal Palace National Sports Centre



This workshop will explore different methods of strength and power development with a focus on Olympic lifting and other strength related movement patterns – such as back squat, front squat and deadlift. These exercises are applicable to **all** track & field and running events.

The inclusion of these exercises into training programmes, will not only increase the power and strength of the athlete – but, also the implementation of correct movement patterns will increase their resilience to injury.

This workshop will be delivered by Rob Thickpenny (National Coach Mentor – Physical Preparation), and will be largely practical in nature. Workshop capacity is restricted to a maximum of 12 – due to number of lifting platforms we can access. So, it is recommended that coaches book early.

The cost of the workshop is £10, and must be booked via this uLearn link:
<https://www.ulearnathletics.com/cpdEvent/84811>

For further details contact Julia Bailey – CCSO South London:

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