



CLPerformanceTraining

## Strength & Mobility Clinic for Endurance Athletes

Sunday, November 27<sup>th</sup> 9:30 am – 2:30 pm

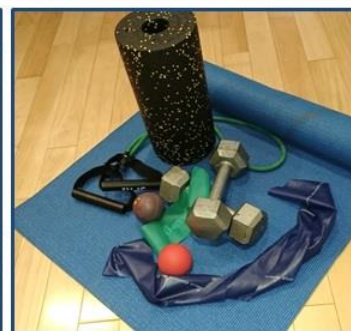
**Gaining functional strength** prevents and manages injuries, as well as enhancing power and speed. Athletes who rely solely on their sport for strength training, and only turn to strength and mobility when injured, are realizing only half of their potential. The objective of this clinic is to give athletes the tools to DO IT and the impetus to get started!

### Coach Cindy Lewis-Caballero

is a Chiropractor, Coach, Personal Trainer and Professional Triathlete. She works with athletes at all levels to help them realize their own personal podiums through sport, wellness and lifestyle coaching. Cindy's vision is to help everyday athletes achieve goals and dreams while changing their lives in the process. As a new Mom, she understands keenly the challenges athletes face in balancing life priorities with dreams.

### Coach Al Cabellero

is a certified multisport coach with a special interest in aerodynamics on the bike by modifying both equipment and position.



8:30 am	(Optional Workout: Warm up run)
9:30 am	<b>Presentation:</b> The value of strength and mobility for reducing injury and improving biomechanics, power and speed.
10:30 am	<b>Workout:</b> Stretch & mobility session
11:00 am	<b>Presentation:</b> How to build strength & mobility into a busy endurance training schedule. Learn how to complement each phase of training, and the build/recovery cycles, so you're getting stronger instead of sore and tired. Includes a demonstration of specific functional exercises that don't require a trip to the gym.
12:00 pm	<b>Power Lunch Break</b>
12:30 – 2:30pm	<b>Workout:</b> Strength session incorporating sport and condition-specific exercise, and education to address individual concerns. Learn how to (actually) use bands, rollers and balls to enhance your strength, mobility and recovery.

**Location:** Dig Deep Cycling & Fitness Centre, 3385 Yonge St (at Golfdale Rd)

**Price:** \$65.00 + HST (Incl: clinic, group training, individual guidance, take-away tools, & lunch)

**Register by email:** [clperformancetraining@gmail.com](mailto:clperformancetraining@gmail.com)