

Masterclass

Sprints

with Rudi Diels & Raphael Brandon

Rudi Diels currently works as senior lecturer at Brussels University as well as athletics and training-scientific supervisor in projects related to athletics at the Faculty of Kinesiology and Rehabilitation Sciences at the Catholic University of Leuven. Rudi is best known for coaching Kim Gevaert (PB100m 11.04, 200m -22.20, double European Champion 2006) and is the coach for the Belgium National women's 4x100m relay team (bronze medal at WC 2007, silver medal Olympic Games 2008). He is also Head Coach of the Belgian women's bobsleigh team.

Raphael Brandon MSc ASCC is one of the UK's leading Strength and Conditioning Coaches, with a blend of research skills and over 15 years of practical coaching experience within elite sport. Currently he is the Head of Strength & Conditioning for the English Institute of Sport – the key provider of sport science and medicine services to the UK's Olympic athletes – working directly with the GB Athletics Team and oversees the delivery of S&C to the majority of our Olympic and English team sports. Raphael is completing his PhD thesis on the Neuromuscular Response to Elite Strength Training.

To book please email zweeks@englandathletics.org

**Ramada Hotel
Loughborough**

High St, Loughborough LE11 2QL

Friday 20 May 2011

18.30 Register & Buffet

19.30 Rudi Diels

21.30 Close

Saturday 21 May 2011

13.00 Register & Lunch

14.00 Raphael Brandon
Mechanism of fatigue
and adaptation in
athletic training

15.30 Coffee

15.45 Glenn Kearney
Nutritionist
(to be confirmed)

17.15 Q & A

17.45 Close

