

LOAD MANAGEMENT TRAIN SMARTER AND HARDER

6th & 7th June, 2020

REHAB2PERFORM, 6710 Rockledge Dr. Bethesda, MD 20817

About the presenter:

Professor Tim Gabbett has 2 PhDs, has published over 250 peer-reviewed articles and presented at over 400 conferences. His workshops have been delivered in 24 countries worldwide.

Fee: Tickets from \$395

CEUs: 14

Cancellation: Full refunds are available up to 30 days before the event.

Learning objectives

1. Demonstrate knowledge of training load principles.
2. Demonstrate comprehension of training load principles.
3. Apply load management principles in practice.
4. Analyze relevant training load research and principles.
5. Synthesize information provided in the course.
6. Evaluate the evidence relating to training load and demonstrate its use in practice.

Event Schedule

Day 1

8:00am - Registration
8:30am - What is Load Management?
9:30am - Load Management Best Practice
12:00pm - Monitoring with Low Resources
2:00pm - Monitoring in Practice
3:15pm - Latest Evidence
4:30pm - Open Forum

Day 2

8:00am - Making a Difference in Sport
8:45am - Load Monitoring
10:00am - Load Capacity in Adolescents
12:45pm - Return to Competition
2:30pm - Individualizing Training
4:00pm - Open Forum



Gabbett Performance Solutions is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 14 hours.



This program is approved for 1.3 CEUs or 13 hours of continuing education for the CSCS, CSPS, NSCA-CPT, or TSAC-F certifications according to the guidelines set forth by the National Strength and Conditioning Association.



This program is approved for 1.3 CCUs of continuing education by ProCert on behalf of the Federation of State Boards of Physical Therapy.