

Stronger for Longer: Concurrent Strength Training

By Jason Schulman



Stronger for Longer: Concurrent Strength Training is targeted towards Fitness Professionals (encompassing Gym Instructors and Personal Trainers) who want to learn the effects of concurrent strength and endurance training on strength development and force production. The information covered in the course will help Fitness Professionals to maximise strength gains and minimise any potential deleterious effects of concurrent training.

Stronger for Longer: Concurrent Strength Training explores:

- The effect of concurrent strength and endurance training on strength development and force production
- Hormonal effects of concurrently training for strength and endurance
- Effects of residual fatigue on strength and force production resulting from concurrent training.
- Strategies to maximise strength gains
- Techniques to prevent the strength and force production impairments as a result of concurrent training
- Caloric requirements of concurrent training

Upon successful completion, course participants will:

- Understand the science behind concurrent strength and endurance training and its effects on strength development and force production
- Be able to plan a training schedule employing techniques to minimise any potential deleterious effects of concurrent training
- Know the neuromuscular adaptations during concurrent strength and endurance training versus strength training alone
- Understand the physiological interactions of concurrent strength and endurance training
- Know the effect of a carbohydrate and protein supplement on a resistance exercise performance and the effect of glucose supplement timing on protein metabolism after resistance training
- Be able give advice on the use of supplemental creatine at adequate doses and correct timing to reduce residual fatigue and accelerate recovery and ATP re- phosphorylation, allowing for increased quality of strength training

Course Creator Bio

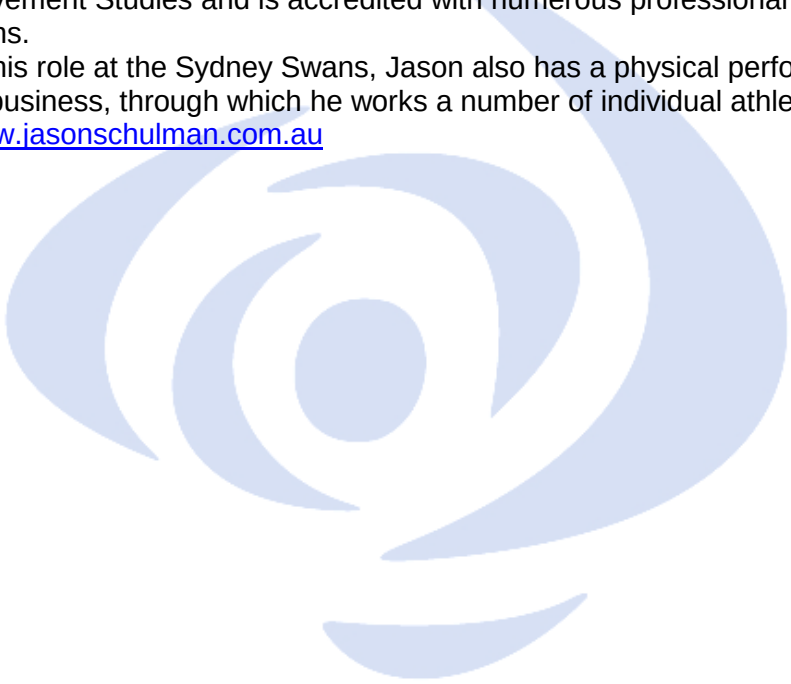
Jason is currently a strength and rehabilitation coach with the Sydney Swans AFL team.

He has worked with numerous professional sporting teams, most recently as the Strength & Power Coordinator for the Sydney Roosters Rugby League team in the NRL.

Previously he has been employed as a Strength & Conditioning Coach with the NSW Waratahs Super 14 team, worked within the Australian Rugby Unions Elite Player Development Program, was a Strength and Conditioning Coach for the Sydney Fleet in the inaugural Australian Rugby Championships (ARC) and prior to that was the Physical Performance Coach for Eastern Suburbs Rugby Union.

He has a Masters Degree in Exercise Science with an undergraduate degree in Human Movement Studies and is accredited with numerous professional organisations.

Along with his role at the Sydney Swans, Jason also has a physical performance consulting business, through which he works a number of individual athletes and teams. www.jasonschulman.com.au



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