



TECHNOGYM CLINIC

The Elite Coaches Guide to Developing
Athletic Performance

with **Kyle Meadows**

World leading Biomechanical, Speed & Power
Development Coach (USA). Trainer to global olympic
and elite world champion athletes

May 28th | 10am - 2pm | Technogym Sydney

20 McLachlan Ave, Rushcutters Bay NSW 2010

May 30th | 10am - 2pm | Deakin University, Burwood

Campus, Melbourne, VIC

Building LC, 70 Elgar Rd, Burwood VIC 3125

June 1st | 10am - 2pm | Function Well, Newstead, QLD

Level 3/194 Breakfast Creek Rd, Newstead QLD 4006

[Book Here](#)

**A TECHNOGYM
EXCLUSIVE EVENT**

Kyle Meadows presents
a deep dive into speed and power training

ASSESSING AND OBSERVING THE ATHLETE
Specialised application of Skillrun & video analysis

COACHING AND SPORT SPECIFIC MOVEMENTS
Specialised application of Skillrun & Skillmill

THE SCIENCE OF SPEED TRAINING
Applying the metrics of speed

CONTRAST AND COMPLEX TRAINING
Training for speed vs training for strength & return to play

PRACTICAL PERIODISED PROGRAM DESIGN



#mytechnogym
#trainwithtechnogym