

6 DAY TEAM INTERNSHIP WITH PHIL RICHARDS
MARCH 9th – 14th
LOCATION: NEWFORGE COUNTRY CLUB, BELFAST



This internship is designed for the personal trainer who wants to work in team sports or who works with players outside the team environment. Phil has worked in 3 different team sports Rugby Union, Rugby League & Premiership Soccer at the highest level so you are assured that the information gained is 100% tested in the real world of professional sport.



Day 1

Speed training for team sports – this area is so misunderstood and the information gathered on this day will give you an unbelievable advantage over your fellow trainers for example the biggest mistake trainers make is too prescribe speed training to fatigued players and have no understanding on what distance and rest periods are required to get the player faster.



Day 2

Field conditioning is of paramount importance in getting the team athlete in the condition that is required of today's modern game, this is where the majority of trainers fall way short of what is required due to their inability to think outside the comfort of the gym environment. Phil will show you a host of drills which can be applied very easily to many team sports and by the end of day 2 I assure you a whole new world would have been open up to you!



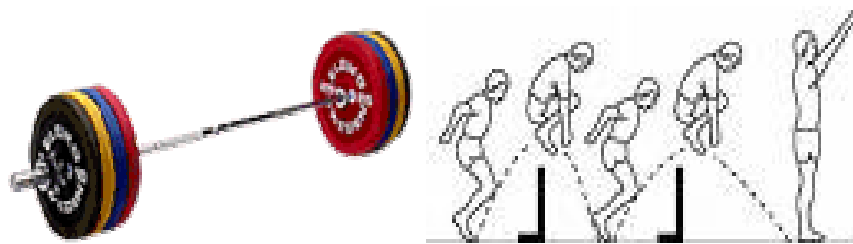
Day 3

Nutrition & Regeneration are undoubtedly an essential part of any program and undoubtedly the most underestimated of any program Phil will take you through his 10 nutrition & lifestyle habits seminar which he has presented too many different team sports from super league, premiersip soccer, premiersip rugby, gaelic football & county cricket teams and the seminar had an enormous impact upon the players and coaching staff. Just to wet your appetite Phil will share with you all his pre – during and post workout formulas to training and games.



Day 4

Strength training for team sports is a minefield of conflicting information when in reality it should be very simple which is what Phil will make it for you having written over 40,000 strength programs in team sports Phil will share with you how to design the most effective program for the team athlete to get maximum return for your efforts. If you want to win your players over you must be very competent in this area and have full confidence with your program design.



Day 5

Power training this is where we will go into Olympic lifting & Plyometrics for team sports Phil will advise when to use them and more importantly how to lift correctly and when to apply plyometric drills into your programs. You will be very competent by the end of day 5 in prescribing lifts and plyometric training to your players.



Day 6

Program design - putting it altogether on this day we will concentrate our efforts on program design from understanding how to put a pre season schedule together which usually last's between 4 – 12 weeks depending on what team sport you are with through to designing the in season weekly schedule's which is of absolute importance if you are to keep your team in a fresh state so that they can perform at the highest level week in week out.

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The above is a very brief outlay of what this internship is all about the information gathered here is from being in the trenches week in week out for over a decade accumulating league titles and cup finals taking thousands of weight training sessions, speed sessions, field sessions, warm ups, rehabilitation sessions, nutrition programs and finding out what works and what's BS!

You will not find an internship like this anywhere in the world so if you really want no nonsense information which will give you the information on what is required to work in team sports this course will undoubtedly give you the tools to achieve your goals. The internship contains a lot of practical workshops and you will go through a lot of discomfort so come with an attitude to get stuck in and Phil guarantee's an experience that will be with you for life.