



## INJURY PREVENTION LECTURE SERIES

### INTRODUCTION

The Crystal Palace Physiotherapy and Sports Injury Centre is running an exclusive lecture series for the benefit of all CPT'ers.

The lectures will help you prepare for next season so that you spend more time racing and less time recovering from injury!

There will be a practical element to all the sessions, so you can benefit from the advice, and incorporate it into your training program immediately.

### Dates:

**15th Sept; 10:30am**

**20th Oct; 10:30am**

**17 Nov; 10:30am**

### Contact:

**Bernie Finerty**

**Tel: 07831 555 155**

### TOPICS COVERED



#### The Curse of the Triathlete

*The ITB, Achilles Tendon and Shoulders are involved in many triathlon injuries. Find out how to avoid common problems with some practical exercises and advice.*

**Saturday 15th of September: 10:30am**



#### What about your feet?

*Selecting the right shoe for your type of foot, adjusting cleats and video analysis are just a few of the topics covered to help look after those poor neglected feet.*

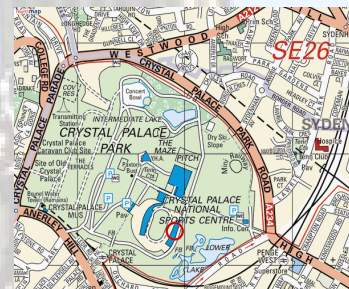
**Saturday 20th of October: 10:30am**



#### Feed the Machine

*Nutrition, from Sprint to Ironman distance. No matter how good your training is if you run out of food you're in big trouble. Avoid the bonk!*

**Saturday 17th of November: 10:30am**



### How to find us

The Sports Injury Centre is located in the Jubilee Stand at the National Sports Centre (Crystal Palace).

There is parking directly outside the door. Please come to reception and they will direct you to the rehab gym.

[Visit CPSIC website](#)

[Visit Club Website](#)

**For more information or to register please contact Bernie Finerty**

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**Email: [Bernard@finertybrice.co.uk](mailto:Bernard@finertybrice.co.uk)**