



## Crystal Palace Physiotherapy & Sports Injury Centre

### Physiological Testing Day—Sat 10th of Jan, 2009

The **Sports Injury Centre** is holding an exclusive testing day aimed to help Triathletes and Runners get the most from their 2009 season

*Top level coaches and clinicians will test you so that you have accurate **Heart Rate Zones** for both running and cycling, **Bike Fitting** advice so you are comfortable and efficient, and **Video Gait Analysis** and shoe advice to help improve your running and decrease the chances of injury*

#### Running: Lactate Testing on treadmill (1hr)

*Anna Jackson*

- Uses blood lactate testing for accuracy
- Find out your actual HR training zones
- Accurate Lactate (Anaerobic) Threshold
- HRmax assessment
- Information on how to use your HR zones
- From 5km to Marathon — this information will help improve your times.

**Cost: £75**

#### Cycling: Computrainer Power Testing (1hr)

*Jon Horsman*

- Power, Heart Rate and Threshold zones specific to the bike.
- Detailed analysis of optimal power, cadence, heart rate & gear selection
- Technique analysis using the Computrainer patented Spin Scan Technology
- Left and Right leg efficiency measurements

**Cost: £60**

#### Bike Fitting: Bikefitting.com system (1hr)

*Paul Mill*

- Uses anatomical measurements to establish your best fit for a given type of racing
- Review cleat and shoe position & alignment
- Adjustments trialed on the Axiom Real trainer (real video courses)
- Get comfortable, improve times and avoid injury by setting your optimal bike position

**Cost: £65**

#### Gait: Silicon Coach Video Analysis (1hr)

*Rina Bimbashi*

- Frame-by-frame digital analysis of your running technique using Silicon Coach.
- Specific advice on the shoes you should be wearing (and current shoe health check)
- Advice on run specific stretching and strengthening to help prevent injuries.
- Advice on shoe inserts / orthotics

**Cost: £70**

**10% discount available for two or more sessions  
or benefit from the complete analysis (all 4 sessions) for £240**

**Take the guess work out of your training and racing  
call 020 8778 9050 to book your sessions**



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## Profiles

### **Anna Jackson—Sports Scientist**

*BSc; MSc (Applied Exercise Physiology)*



Anna works for the British Olympic Association and spends her days split between researching and testing and monitoring some of the countries top athletes.

She was recently at the Beijing Olympics supporting British athletes and has worked with HR specialists Polar validating their latest monitors.

Her expertise in physiological testing is also backed up with personal knowledge of triathlon, having completed numerous Sprint and Olympic distance events and more recently at Ironman distance.

### **Jon Horsman—Triathlon and Swim Coach**

*BTA Level III Coach; BTF Development Coach*



Involved in Triathlon as an athlete and coach for the past ten years, Jon has trained triathletes and runners of all standards helping them to achieve their goals.

Jon is a qualified BTF Level 3 Coach, ASA Club Coach & Personal Trainer. He is also the BTF London Development Coach and is in contact with athletes and clubs across the region.

Whether it is Sprint distance or Ironman, Jon has a proven track record for motivating athletes to realise their goals *and* delivering effective programs for athletes. Jon is interested in using Power as a basis for cycle training and uses the Computrainer system to help achieve this.

### **Paul Mill—Elite Cycling**

*British Cycling Level II and ABCC Coach*



Paul has been competing in triathlon and cycling for over 20 years. In his early days he raced and trained professionally with the likes of Miles Stewart in Australia and then returned to the UK where he has ridden as a sponsored Cat I rider for the past 15 years.

Paul has his own coaching business and uses his experience in cycling to help riders of all abilities improve their performance and enjoyment in the sport.

Paul has developed a special interest in bike position and it's effect on performance and injury prevention. He has ridden track, time trial and road so he can advise on all types of bike position

### **Rina Bimbashi—Podiatrist**

*BSc (Hons); PGDip Musculoskeletal Diagnosis*



Rina completed her training at University College London (UCL) in 2003 with a BSc (Hons) in Podiatry. She has completed a Post-graduate Certificate in Musculoskeletal Diagnosis and is currently working on an MSc in Clinical Podiatric Biomechanics.

Since graduating, Rina has worked in both NHS and private practice where her work has primarily been in Biomechanics and Gait Analysis. She uses the Silicon Coach system at the clinic to aid this process

Rina has experience in treating many musculoskeletal problems working with many runners and triathletes and is well researched in all areas of footwear prescription

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