

Strength & Conditioning

Effective tailored strength and conditioning programs are critical for the success of an athlete in a High Performance environment.



Todd Finn

TAILORING PROGRAMS TO INCLUDE:

- Athletic Development
- Enhancing Strength
- Sustained Performance
- Injury Prevention
- Optimising Recovery

AVAILABLE AT CAMPS, NATIONAL TRAINING, AND IN 1-ON-1 SETTINGS

FOR MORE INFORMATION ABOUT
THE INTEGRATION OF S&C INTO
THE HIGH PERFORMANCE
PROGRAM VISIT:

www.ausfencing.org/high-performance-program