



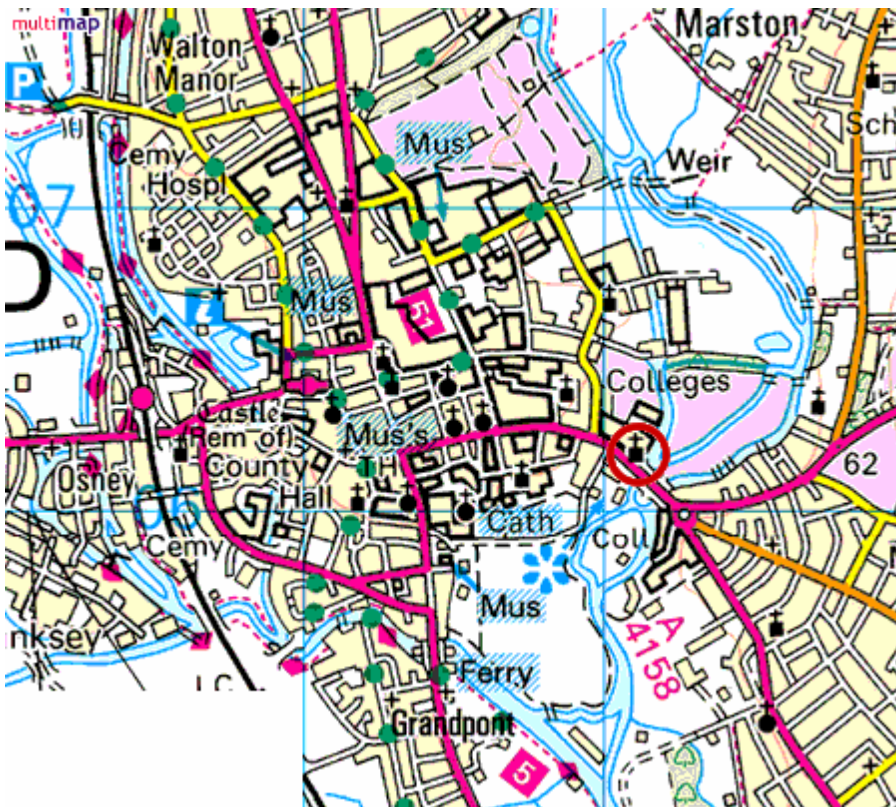
TRRC Spring Seminar Series 2006

Wednesday 25th January

Weight Training for club level athletes

Harry Brennan, EIS

About the speaker: Harry Brennan's links with elite sport span his entire career. Prior to joining the EIS, Harry ran the physiological support consultancy services at Queen's University Belfast and at the University of Ulster. During this time he worked with the Irish Ladies Hockey Squad, the NI Commonwealth Games athletes and completed his PhD in exercise and physiology, whilst working with the Commonwealth Games cycling squad. Harry himself is a former competitive endurance cyclist. He also worked as the strength and conditioning coach for the Ulster provincial rugby team and now works with the GB rowing squad from the EIS base at Bisham Abbey.



Time: 7:30pm
– 9pm

Cost: £3 for
ARA members (card
required), £5 for
others

Venue:
Auditorium,
Magdalen
College,
Oxford entrance
via Longwall Street.