

K Knowledge

E Empowers

Y You

TRAINING SMARTER *and* HARDER Metrifit Educational Webinar Series

MONDAY, DECEMBER 19th | 3:00PM EST, 8:00PM GMT



Special Guest [Dr Tim Gabbett](#)
Gabbett Performance Solutions



Chaired by [Dr Cian O'Neill](#)
Cork Institute of Technology, Ireland

[Dr Tim Gabbett](#) has 20 years' experience working as an applied sport scientist with athletes and coaches from a wide range of sports. He has worked with elite international athletes over several Commonwealth and Olympic Games. He currently works as a sports science consultant and advisor for several high performance teams around the world, including European Footballs teams and NFL and NBA teams in America. He holds two PhD's – the second specializing in physical demands, injury prevention and skill acquisition in football. Tim has published over 200 peer-reviewed articles and has presented at over 200 national and international conferences. He is committed to performing world-leading research that can be applied in the 'real world' to benefit high performance coaches and athletes. In this webinar Tim will talk about his research in the area of training loads, athlete wellbeing and injury prevention and how we can use this information to help train harder and smarter. [Dr Cian O'Neill](#), Head of Sport, Leisure, & Childhood Studies at Cork Institute of Technology will chair the discussion.

Don't miss this great opportunity to develop a greater understanding of load management

[**REGISTER NOW**](#)

Ideally suited for Managers, Coaches, Physiotherapists, S&C Coaches, Teachers and Athletes