

# Simon Harling



## Personal Training Profile

### Prices:

Sessional Fee:  
£45 an hour

Block of 10 (1 hour): £400

**Simon has an extensive education, having completed a degree in Biochemistry, a Masters in Sports Science and gaining Post Graduate Qualifications through the internationally renowned British Association of Sports and Exercise Science and The National Strength and Conditioning Association.**

He has developed his knowledge through his experience with several football teams including Brentford FC and Torquay United, and currently works as Strength and Conditioning coach with the Welsh Squash. He has done a lot of work with cyclists, triathletes and runners in a sports science capacity and through a consultancy agreement with the University of Glamorgan provides applied sports science support through the Sports Performance Lab at Glamorgan University, whilst also being appointed as a part time lecturer.

### Interesting fact about Simon

Simon is currently training for the toughest mountain bike race in the world. 'The Great Divide Ride 2011' where he will be cycling from Canada to Mexico, 2700 miles, in aid of the charity Marie Curie.

### Simon is the trainer for you if you're interested in:

- ▶ Improving your Speed and Agility
- ▶ Developing explosive power using Olympic Lifts
- ▶ Increasing your speed of recover from injury
- ▶ Improving your race time in events such as a 10k run or a 10 mile bike time trial.