



RTS-Træningsseminar med Ross Leppala

Indhold

På seminaret vil følgende emner bliver berørt:

1. RTS Principles: This will cover a bunch of the basics to create a foundation for understanding auto regulated training.
2. Emerging Strategies Basics: This will cover how we are currently programming for our lifters.
3. Emerging Strategies Advanced: This Covers some of our specific strategies and detailed approach for high level individualization.
4. Weakness Analysis: This will cover how to analysis a lift for weakness and some strategies that can be used to help develop that weak ROM.
5. Mental Training for Lifters: How to work on the mental game in training and setting things up for success on meet day.
6. Q&A

Tid og sted

Seminaret afvikles søndag d. 15/12-2019 9-16 +/- hos KSK, Hvidkildevej 64, 2400 København NV (Grøndalscenteret, Store mødelokale).

Deltagergebyr

Medlemmer af klubber under DSF kan gratis deltage.

Deltagere uden tilhørsforhold til DSF: 200,-

Mad og drikke medbringer man selv.

Tilmelding og betaling

Tilmelding skal ske på mail til udviklingskonsulent Peter Andersen (petera@styrke.dk) senest d. 10/12-2019. Ved spørgsmål kan Peter kontaktes på 30 58 23 20

Ved tilmelding bedes du angive navn, mobilnummer, email og evt. klubnavn.



Bio Ross Leppala:

RTS Assistant Coach
RTS Operations Manager
USAPL Senior National Coach
Civil/Structural Engineer

Specialties

Powerlifting
Autoregulating Training Programs
Mental Training & Mindfulness



Background

Ross came on board with RTS full time as a coach and the operations manager in September 2017. Prior to that, he was a professional civil/structural engineer for 12 years in the state of Alaska. In 2012, Ross began coaching clients, applying his engineering knowledge of force production and transfer to developing powerlifting programs. While the systems of static structures are considerably different to that of dynamic structures, the applications of physics remain much the same. His unique approach to coaching doesn't stop there.

Ross' coaching experience has brought him many places to work with lifters of varying capacities. Ross has experience working with everyone from state level lifters to IPF and WPC world champions. Ross believes while physical preparations for training are paramount to a lifter's success, he has found that working on the mental game with lifters is just as important as time spent in the gym. Having been in the weight room since he was 12, he has worked with many different coaches across varying sport disciplines, which has influenced his approach to coaching. From a multi-sport high school athlete, a collegiate football player, and now a nationally competitive 83kg powerlifter, mental training for powerlifting is an aspect of his coaching he is extremely passionate about.