

start line



A 'BESPOKED' GUIDE TO INJURY
PREVENTION AND BODY MANAGEMENT
IN ASSOCIATION WITH
LAKESMAN TRIATHLONS



BESPOKED PHYSIOTHERAPY
PERFORMANCE AND EXERCISE SPECIALISTS

A UNIQUE GUIDE FOR A UNIQUE EVENT! DESIGNED FOR ATHLETES

**A STEP BY STEP GUIDE TO
HELP YOU MANAGE YOUR
BODY AND GET YOU TO THE
START (AND FINISH) LINE**

**ELITE LEVEL
ADVICE FOR ALL**

**BASED ON THE
LATEST RESEARCH**

- ➔ Load management
- ➔ Body management
- ➔ Injury management

PRACTICAL TIPS:

RECOVERY

S&C

TRAINING PLANS

ILLNESS

36 PAGES OF
GREAT ADVICE

