

WHY DO WE CARE ABOUT VELOCITY?

Benefits & practical applications:

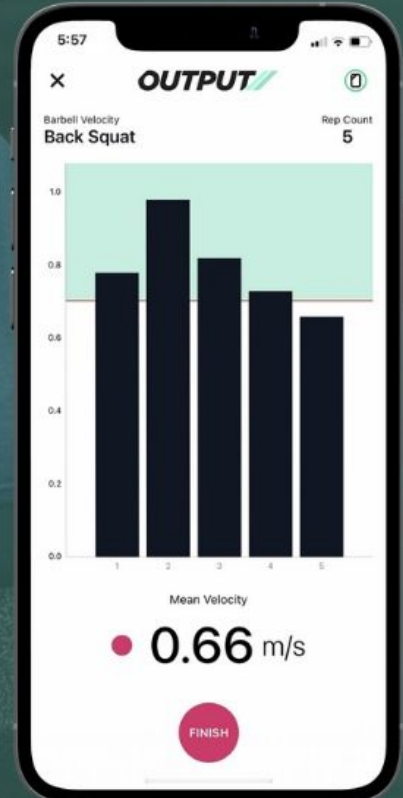
Implementing velocity-based training with equipment that is valid and reliable gives way to **new training insights** for athletes and coaches.

VBT is a way to assess an athlete's **readiness** to train, assess and prescribe load, and ensure specificity of the exercise to the athlete, sport and season.

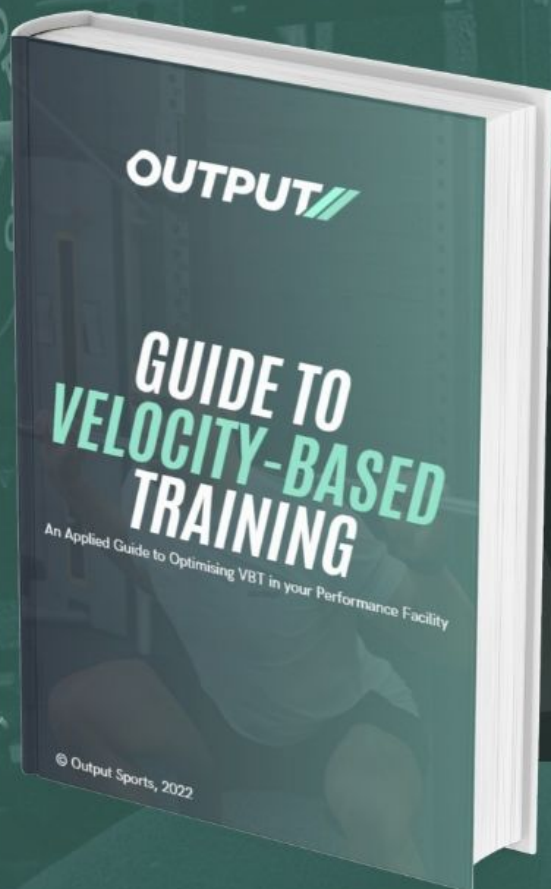


The coach can ensure that the **VBT zone** they prescribe to their athlete is exercise specific, appropriate for the sport and time of the season.

VBT provides **immediate feedback** to both the athlete and coach, ensuring they are training with adequate weight at all times.



DOWNLOAD OUR FREE GUIDE TO VELOCITY-BASED TRAINING



An athlete and practitioner's introduction to VBT.

Access today via the link in our bio!

