

## Strength and Conditioning Coach

Pay scale: £18K to £45k

### FUN FACTS

- Look at pictures of Gareth Bale before and during his time at Real Madrid.
- Cristiano Ronaldo lifts over 20,000kg of weight over the duration of one his gym workouts.

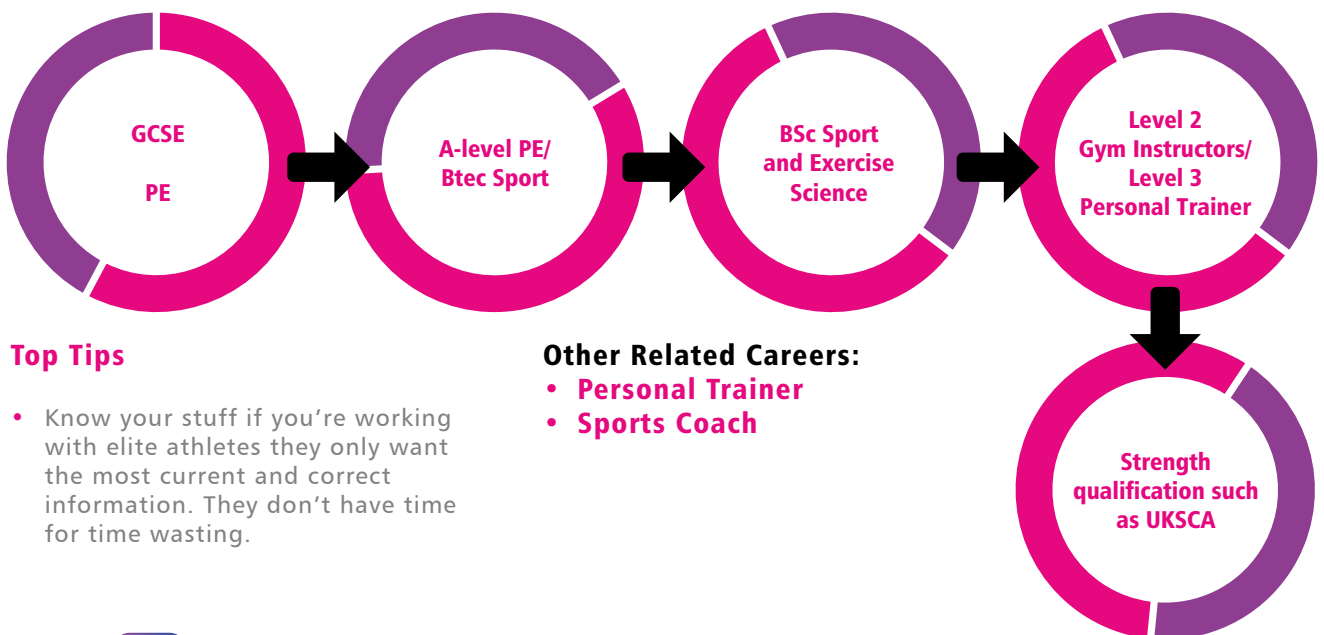
Work with athletes or teams to get them to their peak physical fitness. To design workouts and carry out workout programmes with athletes specific to reaching certain goals related to their sport. To get athletes to be in the best shape possible for their specific event, if they are a rugby to increase their strength and also ensure they are still agile and able to maintain a high intensity for the duration of a match.

Many older athletes love S&C coaches as they can help extend their careers and help them recover from injuries quickly.

Many sports use a S&C coach and they are not just reserved for 'muscle men' sports. They are an important part of the coaching teams for gymnastics, tennis, swimming, badminton, table tennis and even bowls!



### What to do to get into this career...



#### Top Tips

- Know your stuff if you're working with elite athletes they only want the most current and correct information. They don't have time for time wasting.

#### Other Related Careers:

- **Personal Trainer**
- **Sports Coach**



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