



Join Martin Gallyer for an exclusive evening of S&C problem-solving and solutions.

You are invited to an exclusive event dedicated to the cross-pollination of high-performance thinking, problem-solving, and solutions in Strength and Conditioning. This is a unique opportunity to enhance your professional practice and network with peers.

Date: Wednesday, 7th January 2026

Time: 17:30 – 20:30

Venue: Fitness Evolution, Princess Way, Burnley, BB12 0AN

Cost: Free

This powerful session, led by industry expert Martin Gallyer, will challenge your current methods and provide practical strategies for real-world coaching scenarios.

Key Topics for Discussion:

- Safe and Effective S&C Systems: Can your system be stress-tested in real life and scrutinised by peers?
- Individualisation in Large Groups: Explore effective methods for personalising training within a team setting.
- Time-Efficient Programme Planning: Learn strategies for designing S&C programmes with limited time.
- Multi-Disciplinary Collaboration: Share resources, solutions, and strategies in a dedicated multi-expertise meeting.

About Your Event Lead, Martin Gallyer:

Martin is a highly respected UKSCA Accredited Strength and Conditioning Coach with a wealth of experience at the elite level.

- Master's Degree in S&C (Distinction) and UKSCA Licenced ASCT Tutor-Assessor.
- Extensive work across three World Cups (2009, 2010, 2020).
- Experience with professional sports including Football, Cricket, and Netball, as well as Government and University Talent Schemes.
- An international speaker who has delivered courses and talks in the UK, Caribbean, and India.

This inaugural event is your chance to gain incredible insights and connect with other forward-thinking professionals. To book your place and find out more email:

mgallyer@burnley.ac.uk

Connect with Martin:

LinkedIn: @MartinGallyer | **Instagram:** @MartinGallyer

This is a British Judo Association Licensed Coach Education/Revalidation Course