



ACADEMY

STRONG VIKING INSTRUCTOR
STRONG VIKING LAB

BROCHURE 2019





STRONG VIKING INSTRUCTOR

At Strong Viking we want to help our partners to prepare their customers for a successful participation at one of our events. For this, we offer our Strong Viking Instructor course. Strong Viking is Europe's largest obstacle run series and has received several national and international awards.

During this two day course you will become a certified Strong Viking instructor. We will teach you how to coach, train and prepare your clients for one of our events.

Obstacle Course Racing (OCR) originates from military training and is one of the fastest growing sports in the world. Preparation for this relatively young sport requires specific training methods and techniques you will learn during this course. Upon successful participation you will be able to design individual training routines for Strong Viking participants.





ADVANTAGES

Being a Strong Viking Instructor offers you several advantages:

- Strong Viking Instructors will be listed on www.strongviking.com. We actively promote this page to help participants find instructors (130.000 followers in Germany; 300.000 followers in the Netherlands).
- We will provide you with a logo/ social media package for you own communication.
- You will receive a free training session for your customers at the Strong Viking Lab (12 persons max.). Further sessions can be held at a price of €79,- per hour.
- You will receive a voucher code for all Strong Viking events that entitles you and your customers to Early Bird prices for any of our events!
- You will receive a 20% discount for the Strong Viking Webshop (www.obstaclerunshop.com).
- You will get the exclusive Strong Viking Instructor shirt (by Björn Borg).

From 2020 onward we will offer regular advanced training sessions with different topics, in order to help you to improve your training!



PACKAGE

Costs training

€ 325,00, excl. VAT

Date & Location

May 18th and 19th

Strong Viking Lab
Spinding 6
5431 SN Cuijk
The Netherlands

Program

The course lasts 2 days

Times per day: 09.30h - 17.00h

During the day we will have two coffee breaks and a joint lunch break. At the start of the course you will receive all course material. A basic set of information will be sent to you prior to the course. You will need to read it carefully beforehand.

Conditions

Experience as a trainer/instructor. Please note that the course will be taught in English.

Registration

You can register via: www.strongviking.com/academy.

Certificate

Participants will receive the certificate on successful completion of the theoretical and practical exam.

The exams will take place at the end of the second day. If you don't pass the exam the first time, a re-exam can be scheduled for free until three months after the first attempt.





Overview

Day 1 – Saturday, May 18th*

Part 1

Strong Viking 'Mission & Vision'
Biology
Training variabilities
Design of a training program
Wim Hof method

Break*

Part 2

Strong Viking training principles
Strong Viking methods
Strong Viking techniques
The 5 most important cornerstones
OCR Series

Day 2 – Sunday, May 19th*

Part 1

General nutrition information
Protein, fats, carbohydrates
Vitamins & minerals
Supplements
Fluid balancing

Break*

Part 2

Wim Hof method - Ice Challenge
Physical test (SV-WOD)
Exam
Certificate award

* Theoretical & practical exercises will alternate.

* We will provide lunch on both days. Coffee and tea will be available for free. It is allowed to bring your own food and beverages.

Terms and conditions

The price includes all information material, exams and one possible re-exam. Prior education is not obligated, but will be of advantage. Minimum age for participants is 18 years. In order to take part in the exam you have to be present the entire course.