



# 2021 LONGBOAT / CONNECTS

Be Social, Inspire & Stay Fit!

## Session #3

## Strength Training Session #2



**Wed, March 10**  
**7:30 – 8:30 p.m.**

### **Stephen Walter** Strength and Conditioning Coach

Stephen Walter has been a competitive runner for 10 years, and has represented Ireland internationally for Triathlon. Steve holds a degree in Sport and Health, and is currently studying for a masters in Strength and Conditioning, and is a certified Strength and Conditioning specialist with the National Strength and Conditioning Association. Steve has previously coached high level

Cross Country and Track and Field athletes at Ryerson University for three seasons, as well as coaching at TFC and other elite teams. Steve has researched strength training extensively and is passionate about using the research to help runners of all levels get the most from their strength training.

Join by clicking on the ZOOM logo



<https://us02web.zoom.us/j/88977417853?pwd=MLJ3YzRtSkxRejVObXVBNk5ZZDJVdz09>  
Meeting ID: 889 7741 7853 | Passcode: 545653

## MARK YOUR CALENDARS / UPCOMING SESSIONS

**Sun, Mar 28**  
**2:00 – 3:00 p.m.**

**Session #4: KARLA DEL GRANDE**  
**New Members' Brunch – Masters Superstar!**

**Thu, Apr 15**  
**7:30 – 8:30 p.m.**

**Session#5: JIM MARINOW**  
**Effective Cross-Training for Runners**

**LONGBOAT**  
roadrunners

