

Exercise Physiology Seminar: Maximising your Triathlon

Presented by Exercise Physiologist Rod Cedaro

Held on: Tuesday 5th October 2010 7-9pm at Triathlon QLD

Suite 2.14, 150 Caxton Street, MILTON Q. 4064

Topics Discussed Include:

The importance of monitoring training sessions and measuring performance in order to achieve the best training and racing outcomes and avoid injury and excessive fatigue.



Rod Cedaro is an accredited Exercise Physiologist and has been involved in the health and fitness industry at some level since first pulling on a pair of Aussie Rules football boots as a 10 year old. He's now 48 and married to his wife Pieta who is a dietician. In those subsequent 37 years since playing school footy, Rod has competed professionally in elite sport at a national and international level including winning the Australian Ironman Triathlon Championship in 1990 and placing fifth at the ITU Duathlon World Championships in 1991 to name but a couple of his significant athletic accomplishments.

Such is Rod's passion for Health and Fitness he completed a Masters Degree in Physical Education (Exercise Physiology) and went on to consult to a number of top sporting institutions and athletes around the world. Clients have included:

- * The International Olympic Committee.
- * The Australian Olympic Committee.
- * The Australian Institute of Sport.
- * The Hong Kong Institute of Sport.
- * The Singapore Sports Council.

As well as numerous elite endurance athletes from around the world.

Rod is also the senior coach for the recently formed Activ Tri-Group which is part of Activ Cycle Coaching, Brisbane's premier indoor/outdoor cycle coaching facility. For more details go to www.activecyclecoaching.com.au – triathlon webpage coming soon.