



BEN LEACH

QUALIFICATIONS -

Bsc (Hons) 1st Sport & Exercise Science (University of Birmingham)
Dip Sport Psychology

SPECIALISATION AREAS -

Rehabilitation - "A client suffered a broken femur and fractured hip as a result of a horse riding accident. Doctors said she may never regain normal function. However through Structured Strength Training we restored and actually improved her mobility."

Performance - "A banker of average fitness had agreed to the marathon Des Sables (150 mile race across the sahara desert) in a years time. Through a periodised programme he completed the event finishing in the top 50%."

Weight Loss - "An up and coming opera singer needed to lose 25kg due to the physical nature of her performances. Over 2 years of progressive cardiovascular and resistance training combined with a controlled nutrition programme resulted in her reducing her weight from 105kg to 75kg, exceeding her expectations and allowing her to get the roles that she wanted."

ACHIEVEMENTS -

Rugby League: BUSA Champions
BBC 10k Champion
London Marathon (2hr 57)
Olympic Triathlon (2hrs 27)
Ultra Marathon (54 miles) 11hr 52
Stage 14 Tour de France (2006) 9hr 23
L'étape du Tour (2010) 7hr 42
La Marmotte (2011) 7 h 57 minutes

INSPIRATIONAL QUOTES -

"Make your life a mission, not an intermission"