

Thomas Jones

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After completing a PhD at Northumbria University Thomas was awarded a post-doctoral position at Newcastle University and conducted research in to age associated skeletal muscle atrophy. Following this, Thomas spent 2 years as a Sports Physiologist at Aspire Academy for Sports Excellence in Doha, Qatar. During the time, Thomas provided physiology support to the Academy's Athletics (endurance) and Squash programmes and also conducted applied research. As an accredited Strength and Conditioning Coach with the United Kingdom Strength and Conditioning Association (UKSCA) Thomas has provided Sports Science and Strength and Conditioning support to numerous athlete groups including; ; Nottinghamshire County

Cricket Club, Talented Athlete Scholarship Scheme (TASS) athletes, the Rugby Football Union Women (RFUW), Squash and Endurance athletes.

Topic for the 14th International Teaching Week:

Concurrent Training: Strength and Endurance Training Incompatibility and Implications for Programming