

# Flywheel Training

BROUGHT TO YOU BY KRATOS FLYWHEEL



Tim Caron

PHPODCAST.COM

TIM CARON



PERFORMANCE  
HEALTH  
PODCAST  
TIM CARON

PHPODCAST.COM



## STRENGTH COACH

20 YEARS OF EXPERIENCE

Co Founder & Head Coach of Allegiate, Head S&C FB Army West Point, Associate (Top Assistant) S&C Football USC, Assistant S&C Football Georgia Tech, Assistant S&C Springfield College

## EDUCATION

2 BACHELORS + 2 MASTERS DEGREES

Bachelors of Science in Movement Science and Bachelors of Arts Mathematics. Masters of Science in Exercise Science and Masters of Education in Performance Enhancement & Injury Prevention

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# Force Velocity Convergence

