



Mike Antoniadis



Mike is the founder and Coaching Director of The Running School and Sport Dimensions, a company specializing in Speed Coaching, Strength Training and Rehabilitation after injury or surgery.

Mike has been a coach for 30 years and has worked in the UK, Europe and the USA. He is a qualified UEFA "A" Licensed Coach, Speed Coach, Strength & Conditioning Coach and Rehabilitation Specialist. He has worked as a coach at professional and academy level in the UK and Europe and works as a coaching consultant for a number of professional Football and Rugby clubs as well as track and field athletes in the UK and Europe.

Clients include among others, athletes from, Chelsea FC, Chelsea Academy, Stoke City, Crystal Palace, Ipswich Town, Saracens, Bath, Harlequins, Celtic, Blackburn, QPR, Italian Football Federation, GB Bobsleigh, as well as Winter and Summer Olympians.

Mike runs coaching workshops and seminars on Speed and Power Development, and Rehabilitation and is a guest lecturer at Sheffield University and St Mary's University.

Mike is also the author of the best selling DVD on developing speed in football called "Feel the Speed". He is also the co-author of Youth Fitness Drills a book on exercise and drills for youngsters from 7 to 17 years old. He has been featured on television and in a number of newspapers and magazines for his work with elite athletes, such as Running Fitness, The Times, Daily Mirror, Daily Mail, Ultrafit, etc. His training methodologies have also been highlighted on the BBC Sports Academy.

For more information on Sport Dimensions and the Running School log on to www.runningschool.co.uk