

TRAIN TO WIN HD





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What does it mean to be an elite athlete?

Train to Win takes you inside the lives of the world's best sports men and women to find out what they do to become the best.

The series examines everything from the lifestyle and training routines, to the coaches and characters behind sporting success on the world stage. From sports as old as Russian gymnastics to brand-new disciplines like free-running in the USA, Train to Win covers the spectrum of sports and gives you a first-hand look at the preparation that goes into winning.

We examine the technology which has evolved to meet the demands of 21st Century competition. From braving the depths of the oceans or scaling the highest mountains on Earth, Train to Win gets expert opinions and analysis from coaches and competitors alike about the best training arenas and bits of kit to maximise performance.

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| Muay Thai in Thailand | Ski Jumping in South Korea |
| Bodybuilding in the USA | Soccer in Cote D'Ivoire |
| Rhythmic Gymnastics in Russia | Motorsport in the UK |
| Shaolin Kung Fu in China | Free Diving in Egypt |
| Skeleton in Germany | Tennis in Russia |
| Long Distance Running in Kenya | Freerunning in the USA |
| High Altitude Training in South Africa | |

DETAILS

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| Programme: | 13 x 26 minutes |
| Schedule: | Available from November 2011 |
| Delivery: | HDD, Sportsbrand FTP |
| Rights: | All Media |
| Territories: | Worldwide |

TECHNICAL SPECIFICATIONS

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| Visual: | Ratio: 16:9 in High Definition |
| FTP Files Available: | H.264 |
| Audio: | Stereo |



For more information contact Sportsbrand Media Group at www.sportsbrand.tv or Sales@sportsbrand.tv
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