

Phase 1 Strength & Conditioning Course Timetable

Day 1 – Performance Profiling & Movement Compensation Screen (MCS)

09:00-09:15	Registration
09:15-10:15	<u>Lecture:</u> EPI Training System
10:15-10:30	Break
10:30-12:30	<u>Practical:</u> Fitness Testing for Sports Performance
12:30-13:30	Lunch
13:30-14:30	<u>Practical:</u> Movement Compensation Screen (MCS) Test 1
14:30-15:30	<u>Practical:</u> Range of Movement (ROM) Testing
15:30-15:45	Break
15:45-17:00	<u>Practical:</u> Corrective Exercises

Day 2 – Acceleration & Multi-directional Speed

10:00-11:00	<u>Lecture:</u> Acceleration Speed for Sports Performance
11:00-11:15	Break
11:15-11:45	<u>Practical:</u> Warm-up Fundamentals & Speed Testing
11:45-12:15	<u>Practical:</u> Acceleration Speed Mechanics Assessment
12:15-13:15	<u>Practical:</u> Acceleration Speed Mechanics Drills
13:15-14:00	Lunch
14:00-15:00	<u>Practical:</u> Acceleration Speed Performance Drills
15:00-15:15	Break
15:00-15:45	<u>Practical:</u> Multi-directional Acceleration & Agility

Day 3 – Olympic Lifting

10:00-11:00	<u>Lecture:</u> Olympic Lifting
11:00-11:15	Break
11:15-13:00	<u>Practical:</u> Clean Coaching Model
13:00-14:00	Lunch
14:00-15:15	<u>Practical:</u> Clean Coaching Model
15:15-16:00	<u>Practical:</u> Jerk Coaching Model
16:00-16:15	Break
16:15-17:00	<u>Lecture:</u> Program Design

Day 4 – Plyometrics & Energy System Development (ESD)

10:00-11:30	<u>Lecture:</u> Program Design Fundamentals
11:30-11:45	Break
11:45-13:00	<u>Practical:</u> Plyometrics
13:00-14:00	Lunch
14:00-15:30	<u>Practical:</u> ESD
15:30-15:45	Break
15:45-17:00	<u>Lecture:</u> Periodisation (Planning the Week, Month, Year)

*Course schedule is subject to change