

Phase 2 Strength & Conditioning Course Timetable

Day 1 – Sports Rehabilitation & Movement Compensation Screen (MCS)

09:15-09:30	Registration
09:30-10:00	<u>Lecture:</u> EPI Methodology & Philosophy
10:00-11:00	<u>Lecture:</u> Sports Rehabilitation
11:00-11:15	Break
11:15-12:30	<u>Applied:</u> Sports Rehabilitation Case Studies
12.30-13:30	Lunch
13:30-14:30	<u>Practical:</u> Movement Compensation Screen (MCS) 2
14:30-16:00	<u>Practical:</u> Corrective Exercises
16:00-17:00	<u>Practical:</u> Movement Compensation Screen (MCS) 2

Day 2 – Max Velocity & Evasion Agility

09:30-10.30	<u>Lecture:</u> Max Velocity Speed for Sports Performance
10.30-10.45	Break
10:45-11.30	<u>Practical:</u> Warm-up Protocols
11.30-12:15	<u>Practical:</u> Max Velocity Speed Mechanics Assessment
12:15-13:00	<u>Practical:</u> Max Velocity Speed Mechanics Drills
13:00-14:00	Lunch
14:00-15:30	<u>Practical:</u> Max Velocity Speed Performance Drills
15:30-15:45	Break
15:45-17:00	<u>Practical:</u> Evasion Agility Movement Skills

Day 3 – Olympic Lifting

09:30-11:00	<u>Lecture:</u> Strength & Power
11:00-11:15	Break
11:15-13:00	<u>Practical:</u> Snatch Coaching Model
13:00-14:00	Lunch
14:00-15:15	<u>Practical:</u> Snatch Coaching Model
15:15-16:00	<u>Practical:</u> Movement Preparation
16:00-16.15	Break
16.15-17.00	<u>Lecture:</u> Recovery & Regeneration

Day 4 – Plyometrics & Energy System Development (ESD)

09:30-11:30	<u>Lecture:</u> Energy System Development (ESD)
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