

Phase 1 Strength & Conditioning Course Timetable

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

08:30-08:45	Registration
08:45-10:00	<u>Lecture:</u> EPI Training System
10:00-10:15	Break
10:15-12:30	<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 – Speed & Olympic Weightlifting

08:30-09.30	<u>Lecture:</u> Acceleration Speed for Sports Performance
09.30-09.45	Break
09:45-10.15	<u>Practical:</u> Warm-up Fundamentals & Speed Testing
10.15-10:45	<u>Practical:</u> Acceleration Speed Mechanics Assessment
10:45-11:45	<u>Practical:</u> Acceleration Speed Mechanics Drills
11:45-12:15	<u>Practical:</u> Acceleration Speed Performance Drills
12:15-13:00	<u>Practical:</u> Multi-directional Acceleration & Agility
13:00-14:00	Lunch
14:00-14:45	<u>Lecture:</u> Olympic Lifting
14:45-15:00	Break
15:00-16:30	<u>Practical:</u> Clean Coaching Model
16:30-17:00	<u>Practical:</u> Jerk Coaching Model

Day 3 – Plyometrics & Energy System Development (ESD)

08:30-10:30	<u>Lecture:</u> Program Design Fundamentals
10:30-10:45	Break
10:45-12:30	<u>Practical:</u> Plyometrics
12:30-13:30	Lunch
13:30-15:00	<u>Practical:</u> ESD
15:00-15:15	Break
15:15-16:45	<u>Lecture:</u> Periodisation (Planning the Week, Month, Year)
16:45-17:00	Certification

*Course schedule is subject to change