

## Phase 2 Strength & Conditioning Course Timetable

### Day 1: Max Velocity Speed & Olympic Weightlifting

08:30-08:45		Registration
08:45-09:15		Course Introduction & Phase 1 Review
09:15-10:15		Lecture: Max Velocity Speed
10:15-10:30		Break
10:30-11:30		Practical: Max Velocity Speed Mechanics
11:30-12:00		Practical: Max Velocity Performance
12:00-13:00		Lunch
13:00-14:15		Lecture: Concurrent Training for Strength & Power
14:15-14:30		Break
14:30-16:30		Practical: Snatch Coaching Model
16:30-17:00		Practical: Snatch Skill Assistance Exercises

### Day 2: Plyometrics & Energy System Development (ESD)

08:30-10:00		Lecture: Energy System Development (ESD)
10:00-10:30		Group: ESD Program Design
10:30-10:45		Break
10:45-12:15		Practical: Fast SSC Plyometric Coaching Model
12:15-13:15		Lunch
13:15-14:00		Practical: Evasion Agility
14:00-15:00		Practical: Anaerobic Glycolysis ESD
15:00-15:15		Break
15:15-16:30		Lecture: Conjugate Periodisation

### Day 3: Exercise Library & Athlete Monitoring

08:30-10:00		Lecture: Athlete Monitoring
10:00-10:15		Break
10:15-12:00		Practical: Lower Body Exercise Library
12:00-13:00		Lunch
13:00-14:30		Practical: Upper Body Exercise Library
14:30-14:45		Break
14:45-15:15		Practical: NCSC Certification Exam Preparation
15:15-15:30		Break
15:30-16:15		Lecture: Program Design Case Study
16:15-16:30		Phase 2 Course Certification & Group Photo

\*Course times are subject to change