



Phase 1 Strength & Conditioning Course

Day 1: Fitness Testing & Movement Compensation Screen (MCS)

08:30-08:45		Registration
08:45-10:00		Lecture: EPI Training System
10:00-10:15		Break
10:15-12:30		Practical: Fitness Testing for Sports Performance
12.30-13:30		Lunch
13:30-14:30		Practical: Movement Compensation Screen (MCS)
14:30-15:30		Practical: Range of Movement (ROM) Testing
15:30-15:45		Break
15:45-17:00		Practical: Corrective Exercises

Day 2: Acceleration Speed & Olympic Weightlifting

08:30-09.30		Lecture: Acceleration Speed
09.30-09.45		Break
09:45-10.15		Practical: Warm-up Fundamentals
10:15-10:45		Practical: Speed Testing
10:45-12:30		Practical: Acceleration Speed
12:30-13:30		Lunch
13:30-14:30		Lecture: Olympic Weightlifting for Sports Performance
14:30-14:45		Break
14:45-16:30		Practical: Clean Coaching Model
16:30-17:00		Practical: Jerk Coaching Model

Day 3: Periodization & Energy System Development (ESD)

08:30-10:30		Lecture: Program Design Fundamentals
10:30-10:45		Break
10:45-12:30		Practical: Slow SSC Plyometrics
12:30-13:30		Lunch
13:30-14:30		Practical: Multidirectional Agility
14:30-15:30		Practical: ATP-CP ESD
15:30-15:45		Break
15:45-16:45		Lecture: Linear Periodization
16:45-17:00		Phase 1 Course Certification & Group Photo

**Course times are subject to change*