



Phase 2 Strength & Conditioning Course

Day 1: Olympic Weightlifting & Upper Body Strength & Power

08:30-08:45		Registration
08:45-09:15		Course Introduction
09:15-10:30		Lecture: Strength & Power
10:30-10:45		Break
10:45-11:45		Practical: Snatch Coaching Model
11:45-12:00		Break
12:00-13:00		Practical: Snatch Coaching Model
13:00-14:00		Lunch
14:00-15:15		Lecture: Athlete Recovery Methods
15:15-15:30		Break
15:30-17:00		Practical: Upper Body Strength & Power

Day 2: Max Velocity Speed & Lower Body Strength & Power

08:30-10:00		Lecture: Max Velocity Speed
10:00-11:30		Practical: Max Velocity Speed
11:30-11:45		Break
11:45-12:30		Practical: Evasion Agility
12:30-13:30		Lunch
13:30-15:00		Lecture: Energy System Development (ESD)
15:00-15:15		Break
15:15-16:30		Practical: Lower Body Strength & Power

Day 3: Conjugate Periodization & Energy System Development (ESD)

08:30-09:45		Lecture: Conjugate Periodization
09:45-10:00		Break
10:00-11:15		Practical: Fast SSC Plyometrics
11:15-11:30		Break
11:30-13:00		Practical: Energy System Testing
13:00-14:00		Lunch
14:00-15:15		Practical: Anaerobic Glycolysis ESD
15:15-15:30		Break
15:30-16:30		Case Study: Putting Everything Together
16:30-17:00		Phase 2 Course Certification & Group Photo

**Course times are subject to change*