



National Certificate in Strength & Conditioning (NCSC)

Phase 2 Course:

Day 1: Olympic Weightlifting & Complex Training

08:30-08:45	Registration
08:45-09:15	Course Introduction & Phase 1 Review
09:15-10:45	Lecture: Strength & Power
10:45-11:00	Break
11:00-13:00	Practical: Snatch Coaching Model
13:00-14:00	Lunch
14:00-15:15	Lecture: Advanced Program Design
15:15-15:30	Break
15:30-17:00	Practical: Upper Body Strength & Power

Day 2: Max Velocity Speed & Energy System Development (ESD)

08:30-10:00	Lecture: Max Velocity Speed
10:00-10:15	Break
10:15-12:00	Practical: Max Velocity Speed
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 & Putting It All Together

08:30-10:00	Lecture: Conjugate Periodization
10:00-10:15	Break
10:15-11:15	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