

PERFORMANCE MENTORSHIP: PHASE 3
COURSE SCHEDULE | 4 DAYS | INTERNATIONAL COURSE

DAY 1

08:45 - 09:15	CHECK IN and INTRODUCTIONS
09:15 - 10:15	LECTURE: Creating a Performance System <i>Break: 15 min</i>
10:30 - 12:00	LECTURE: Athletic Profiling: Jumping, Agility, Sprinting
12:00 - 13:15	LUNCH BREAK
13:15 - 14:50	PROGRAMMING: Linear Speed <i>Break: 20 min</i>
15:10 - 17:00	PRACTICAL (GYM): Mixed Method Approach to Developing Hypertrophy

DAY 2

08:45 - 09:00	REVIEW: DAY 1
09:00 - 10:30	PRACTICAL (FIELD/ COURT): Linear Speed <i>Break: 15 min</i>
10:45 - 12:00	LECTURE: Mixed Method Approach to Developing Hypertrophy
12:00 - 13:15	LUNCH BREAK
13:15 - 14:15	PROGRAMMING: Multi-directional Speed <i>Break: 10min</i>
14:25 - 15:25	LECTURE: Mixed Method Approach to Developing Max Strength <i>Break: 20 min</i>
15:45 - 16:30	PRACTICAL (GYM): Olympic Lifting: Clean
16:30 - 17:30	PRACTICAL (GYM): Mixed Method Approach to Developing Max Strength

DAY 3

08:45 - 09:00	REVIEW: DAY 2
09:00 - 10:30	PRACTICAL (FIELD/ COURT): Multi-directional Speed <i>Break: 15 min</i>
11:45 - 12:00	LECTURE: Mixed Method Approach to Developing Max Power
12:00 - 13:15	LUNCH BREAK
13:15 - 14:30	LECTURE: Social Theory <i>Break: 20 min</i>
14:50 - 15:50	PRACTICAL (GYM): Olympic Lifting: Snatch
15:50 - 17:00	PRACTICAL (GYM): Mixed Method Approach to Developing Max Power

DAY 4

08:45 - 09:00	REVIEW: Day 3
09:00 - 12:00	GROUP PROGRAMMING: Movement Skills, Strength Program, ESD
12:00 - 13:15	LUNCH BREAK
13:15 - 15:15	GROUP PROGRAMMING: Defense / Discussion <i>Break: 15 min</i>
15:30 - 16:00	PRACTICAL (GYM): Regeneration Session
16:00 - 16:30	COURSE CLOSURE

CLASSROOM

PRACTICAL @ FIELD/ COURT

PRACTICAL @ GYM (WEIGHT ROOM)

**Note: Schedule is subject to change*