

## Performance Mentorship Phase 1 Course Outline

### Day 1:

- + 8:15-8:30 Course Check in
- + 8:30-8:45 Course Expectations
- + 8:45-9:45 Lecture: Methodology
- + 10:00-10:45 Lecture: Pillar Preparation
- + 11:00-12:00 Practical: Pillar 101
- + 12:00-1:00 Lunch
- + 1:00-1:45 Lecture: Movement Preparation
- + 2:00-3:15 Practical: Put it all together: Pillar Prep-Movement Prep 101- Plyometrics
- + 3:30-4:15 Lecture: Plyometrics (part 1)
- + 4:30- 5:15 Lecture: Plyometrics (part 2)
- + 5:15-5:30 Afternoon Review

### Day 2:

- + 9:00-10:45 Practical: Acceleration
- + 11:00-12:00 Lecture: Acceleration
- + 12:00-1:00 Lunch
- + 1:00-1:45 Lecture: Strength: Movement Based Philosophy (part 1)
- + 2:00-2:45 Lecture: Strength: Movement Based Philosophy (part 2)
- + 3:00-4:00 Practical: Strength: Lower Body Pull
- + 4:15-5:15 Lecture: FMS Overview
- + 5:15-5:30 Afternoon Review

### Day 3:

- + 9:00-10:45 Practical: Absolute Speed
- + 11:00-12:00 Lecture: Absolute Speed
- + 12:00-1:00 Lunch
- + 1:00-1:45 Lecture: ESD (part 1)
- + 2:00-2:45 Lecture: ESD (part 2)
- + 3:00-4:00 Practical: Strength: Lower Body Push
- + 4:00-4:30 Practical: ESD Practical
- + 4:30-5:15 Practical: FMS – Demo
- + 5:15-5:30 Afternoon Review

### Day 4:

- + 9:00 – 10:45 Practical: Multi-Directional Speed
- + 11:00-12:00 Lecture: Multi-Directional Speed
- + 12:00-1:00 Lunch
- + 1:00-2:00 Lecture: Regeneration
- + 2:15-3:15 Practical: Strength: Upper Body
- + 3:30-4:30 Practical: Rotational Block Practical
- + 4:30-5:00 Final Review and Q&A/Group Photo

*-schedule subject to change-*