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*