

Performance Mentorship Phase 3 Course Outline

Day 1:

- + 8:30-9:00 Course Registration
- + 9:00-10:15 **Lecture:** Performance Systems: What to do with Everything you Know
- + 10:15-10:30 Break
- + 10:30-12:00 **Lecture:** Mixed Method Approach to Developing Hypertrophy
- + 12:00-1:00 Lunch
- + 1:00-2:30 **Practical:** Linear Speed Program Development (Computer Recommended)
- + 2:30-2:45 Break
- + 2:45-4:15 **Practical:** Mixed Method Approach to Developing Hypertrophy
- + 4:15-4:45 Day 1 Review/General Q&A

Day 2:

- + 9:00-10:30 **Lecture:** Athletic Profiling: Jumping, Agility, Sprinting
- + 10:30-10:45 Break
- + 10:45-12:00 **Practical:** Multi-directional Speed Program Development (Computer Recommended)
- + 12:00-1:00 Lunch
- + 1:00-2:30 **Lecture:** Mixed Method Approach to Developing Max Strength
- + 2:30-2:45 Break
- + 2:45-3:45 **Practical:** Olympic Lifting: Clean
- + 3:45-5:00 **Practical:** Mixed Method Approach to Developing Max Strength
- Day 2 Review/General Q&A

Day 3:

- + 9:00-10:30 **Lecture:** Coaching Science
- + 10:30-10:45 Break
- + 10:45-12:00 **Lecture:** Mixed Method Approach to Developing Max Power
- + 12:00-1:00 Lunch
- + 1:00-2:00 **Lecture:** Energy Systems Development
- + 2:00-2:45 **Practical:** Energy Systems Development Program Design
- + 2:45-3:00 Break
- + 3:00-3:45 **Practical:** Olympic Lifting: Snatch
- + 3:45-5:00 **Practical:** Mixed Method Approach to Developing Max Power
- Day 3 Review/General Q&A

Day 4:

- + 9:00 – 9:30 **Lecture:** Case Study
- + 9:30-9:45 Break
- + 9:45-10:45 **Group:** Movement Program Design (Computer Recommended)
- + 10:45-11:00 Break
- + 11:00-12:00 **Group:** Strength Program Design (Computer Recommended)
- + 12:00-1:00 Lunch
- + 1:00-2:00 **Group:** ESD Program Design (Computer Recommended)
- + 2:00-2:15 Break
- + 2:15-4:00 Training Program Defense
- + 4:00-4:30 Final Wrap-up and Q&A/Group Photo

-schedule subject to change-