

30/04/2017	High Performance Coaching Conference		
9.30-10am	Registration		
10-10.30	Michael Afilaka - Keynote presentation on mini components of the sport		
10.30-11.00	Michael Afilaka - 60 minute keynote presentation on pre-season and in season planning. Topics included: Sample weeks training, mainly short sprints but touching on long sprints, problems with traditional training, where coaches can go wrong, the dangers of too fast too soon, tapering for competition.		
11.15-12.45	Michael Afilaka Practical Sprints Workshop	Brendan Reilly – High Jump Technical aspects - run up mechanics, phases, rhythm, acceleration, angles, curve and take off.	Alan Kennedy Teaching progressions and specific technical aspects of the Triple jump.
12.45-1.30pm	Lunch		
1.30-3.00	Michael Afilaka Practical Hurdles Workshop Start , and hurdling technique	Brendan Reilly Specific High Jump Conditioning, Hurdle and medicine ball work, Plyos and running.	Alan Kennedy Teaching progressions and specific technical aspects of the long jump.
3.10-4.10pm	LTAD & Q&A session		