

October 5, 2024

EM331: FIRENZE PART 2 - STRENGTH & CONDITIONING PART 2 Interval training, change of direction and aerobic capacity



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The course will deal with the theory, evaluation and programming of effective interventions for the development of **acceleration, agility and speed**.

On the first day the different components that determine an optimal performance of the same will be analyzed, as well as a sequential progression for their improvement.

The second day will focus instead on the development of **aerobic capacity**. Key components such as the **Repeated Sprint Ability (RSA), Maximal Aerobic Speed (MAS)** will be analyzed and deepened and how to implement these skills will be explained with demonstrations and **large practical sessions**.

The planning of interventions, including the **High Intensity Interval Training (HIIT)**, will consequently be implemented in a comprehensive program in accordance with the evaluation carried out by the professional.

**30 Seats****€440.00****16 Hours****18,7 ECM****INTENDED FOR**Doctors,
Physiotherapists, Degree
in Scienze Motorie (ita),**PAYMENTS**Deposit €220.00 within 7
days from the
registration

Balance €220.00

Total: €440.00**CALENDAR**

POSTICIPATO

LANGUAGEEnglish with italian
consecutive translation

ISCRIZIONE EM 330 "PARTE 1" + EM 331 "PARTE 2": 410 € + 410 € = 820 €

Per gli Iscritti all'ordine di FIRENZE, AREZZO, PRATO, PISTOIA, LUCCA, MASSA CARRARA:iscrizione EM331 "PARTE 2" 410€ anzichè ~~440,00€~~

ISCRIZIONE EM 330 "PARTE 1" + EM 331 "PARTE 2": 395 + 395 € = 790 €

ATTENZIONE!**Il corso è organizzato a FIRENZE in collaborazione con HEALTHUB www.healthub.it presso:****FIRENZE MARATHON STADIUM L. RODOLFI - V.le Manfredo Fanti n.2 - 50137 - FIRENZE**

SCHEDULE

Day 1**Acceleration, speed, agility and plyometrics (ASAP)**

1. How to design an effective warm-up (lecture)
2. Acceleration mechanics (practical)

3. Agility mechanics (practical)
4. Acceleration, speed, agility and plyometrics (ASAP): theory in to practice (lecture)

Day 2

Aerobic capacity and repeated sprint ability (RSA)

1. Aerobic capacity (lecture)
2. Repeat Sprint Ability (lecture)
3. Maximal aerobic speed (MAS) and High intensity interval training (HIIT) training (practical)
4. Programming for conditioning (lecture)