

May 21, 2022

## EM245: PORDENONE - Aerobic capacity, interval training and agility



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PhD, MSc, PGCE, ASCC,  
CSCS\*D

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.


**28 Seats**

**€402.60**

**16 Hours**

**23,5 ECM**
**INTENDED FOR**

Doctors,  
Physiotherapists, Degree  
in Scienze Motorie (ita),

**PAYMENTS**

Deposit €201.30 within 7  
days from the  
registration

Balance €201.30 by date  
May 16, 2022

**Total: €402.60**
**CALENDAR**

21-22 Maggio 2022

**LANGUAGE**

English with italian  
consecutive translation

**Pay attention!**

**Course organized in PORDENONE in cooperation with MOVE PHYSIOTHERAPY**  
**[www.movefisioterapia.it](http://www.movefisioterapia.it) at:**

**CROSSFIT PORDENONE Via Galileo Ferraris, 5 - 33170 Pordenone (PN)**

## 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)