

# May 21, 2022

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



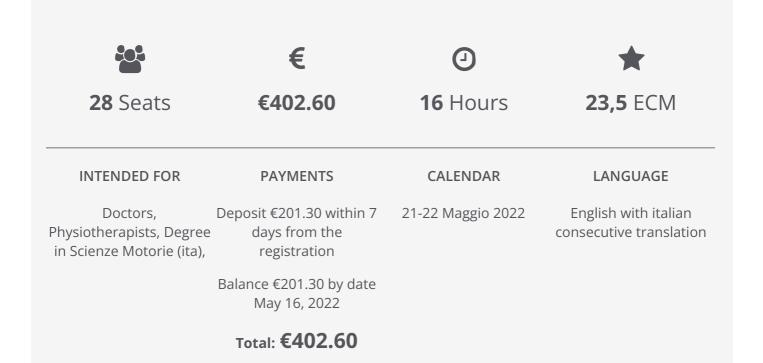
The course will deal with the theory, evaluation and programming of effective interventions for the development of **acceleration**, **agility and speed**.

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 l**arge 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.





#### **Pay attention!**

<u>Course organized in PORDENONE in cooperation with MOVE PHYSIOTHERAPY</u> <u>www.movefisioterapia.it at:</u>

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

# SCHEDULE

#### <u>Day 1</u>

#### 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 plyometics (ASAP): theory in to practice (lecture)



## <u>Day 2</u>

### 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)