

October 7, 2023

EM270: FIRENZE - STRENGTH & CONDITIONING PART 2

Interval training, change of direction and aerobic capacity



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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.



30 Seats



€429.00



16 Hours



18,7 ECM

INTENDED FOR

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

PAYMENTS

Deposit €215.00 within 7
days from the
registration

Balance €214.00 by date
October 2, 2023

Total: €429.00

CALENDAR

07-08 October 2023

LANGUAGE

English with italian
consecutive translation

EARLY BOOKING BY 07/08/2023: 369 (60€ OFF)

EM 268 "Firenze - Strength&Power" + EM 270 "Firenze - Aerobic Capacity": 349 € + 349 € = 698 €

Pay attention!

Course organized in FIRENZE in cooperation with HealthHub www.healthhub.it at:

ASICS 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)