
The importance of Strength & Condition in middle and long distance running performance and injury prevention

Date: 26/03/2022

Workload: 5 horas

Place:

CAR Jamor – Anfiteatro do Centro de Estágio e Nave Coberta (practical workshop)

Schedule

26/03/2022

Horas	Tema	Formador
14:00 – 14:15	Introduction presentation	António Sousa Dane Mitchell
14:15 – 14:35	Benefits of S&C for middle and long distance runners	Dane Mitchell
14:35 – 14:55	Roles of an S&C coach when working with middle and long distance athletes	Dane Mitchell
14:55 – 15:15	Integrating S&C within the training cycle for middle and long distance athletes	Dane Mitchell
15:15 – 15:35	Differences in middle and long distance S&C programming	Dane Mitchell
15:35 – 15:55	Managing common injuries in middle and long distance running	Dane Mitchell
16:00 – 16:20	Preparing for the demands of the steeple chase workshop	Dane Mitchell
16:20 – 16:40	Event demands – biomechanical and technical	Dane Mitchell

16:40 – 17:00	Mobility development	Dane Mitchell
17:00 – 17:20	Steeplechase specific drills and progressions	Dane Mitchell
17:20 – 17:40	Plyometric progression and load management	Dane Mitchell
17:40 - 18:00	Strength training for steeplechase	Dane Mitchell
18:00 – 19:00	Physical assessments and testing practical workshop	Dane Mitchell

PARCEIROS INSTITUCIONAIS



PATROCINADORES

