
Jornadas Técnicas de Velocidade 400m**Data(s): 05/12/2025****Carga horária: 3 horas****Local: Plataforma Teams (online)**

Programa Horário

Horas	Tema	Formador
21:00 – 21:40	Training of the young sprinter	Matthew Bouckhuyt
21:40 – 22:15	Competitive Calendar of the Yong Sprinter	Matthew Bouckhuyt
22:15 – 22:50	Preparation of young athletes for the 400 meters	Matthew Bouckhuyt
22:50 – 23:25	Technique of the young sprinter - keypoints	Matthew Bouckhuyt
23:25 – 24:00	Wat does a young sprinter need?	Matthew Bouckhuyt

PARCEIROS INSTITUCIONAIS



PATROCINADORES

