

Introduction to Coaching Course

Suggested Program

8:00 am	Registration / Introduction
8:30 am	Coaching Young Athletes (1)
9:05 am	Warm Up
9:35 am	Sprints
10:05 am	MORNING BREAK
10:20 am	Middle Distance
10:55 pm	Relays
11:25 pm	Hurdles
11:55 pm	Walks
12:25 pm	LUNCH
1:10 pm	Long Jump
1:40 pm	Triple Jump
2:10 pm	High Jump
2:40 pm	Javelin
3.10 pm	AFTERNOON BREAK
3:25 pm	Shot
3:55 pm	Discus
4:30 pm	Coaching Young Athletes '2'
5:15 pm	Presentation / Conclusion
5:30 pm	FINISH