



## „How can we run faster?“

**Jamaican Olympic medalist and World champion Kerron Stewart  
29.02-1.03.2020 in Tallinn, Estonia**

### **Programme**

#### **Saturday, February 29th**

11:30 – 12:00 Registration & welcome

12:00 – 13:30 Lecture

- Kerron Stewart: introduction, road to Olympics
- What does it take to be a professional athlete?

13:30 – 13:45 Coffee Break

13:45 – 15:00 Lecture

- Differences and similarities between training systems in Jamaica and in US
- Relationship between athlete and coach
- Coach's role in athletes life

15:00 – 15:30 Lunch Break (Own cost)

15:30 – 17:15 Practical session

- Running exercises for improving running technique
- Kerron's special exercises

#### **Sunday, March 1st**

10:30 – 11:00 Registration

11:00 – 12:30 Lecture

- Speed and explosiveness in sports
- Methods of improving speed and speed endurance

12:30 – 12:45 Coffee Break

12:45 – 13:45 Lecture

- Training planning

13:45 – 14:15 Lunch Break (Own cost)



14:15 – 15:30 Lecture

- Common injuries in sprinting and how to prevent them
- Balance of training and recovery during different training cycles

16:00 – 17:45 Practical session

- Learning and improving crouch start
- Specific weight training exercises for sprinters