

RUNNING IN 2022 AND BEYOND

Wednesday 02 – Saturday 05 March, 2022

with International Coach and Coach Developer: Peter John L. Thompson (GBR)

Wednesday 02 March 2022

Time	Topic	Location
08:30 - 09:00	Opening Ceremony	Radisson Blu - Olumpia
09:00 - 10:40	Designing More Effective Running Sessions - Bioenergetics - the 3 Metabolic Energy Systems	Radisson Blu - Olumpia
10:40 - 11:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
11:00 - 12:30	Developing your Coaching Skills, Performance and Effectiveness	Radisson Blu - Olumpia
12:30 - 14:00	<i>Lunch</i>	Radisson Blu - Olumpia
14:00 - 15:30	Designing More Effective Running Sessions - Biokinetics - the Fourth Energy System	Radisson Blu - Olumpia
15:30 - 16:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
16:00 - 18:00	Practicing Running Rhythms - the 'Running Scales'	Tallinn Sports Hall

Thursday 03 March 2022

Time	Topic	Location
08:30 - 10:30	VO ² Kinetic Activators and New Interval Training	Tallinn Sports Hall
10:30 - 11:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
11:00 - 12:30	Priming for Performance and Recovery	Radisson Blu - Olumpia
12:30 - 14:00	<i>Lunch</i>	Radisson Blu - Olumpia
14:00 - 15:30	Planning for Middle and Long-Distance Running	Radisson Blu - Olumpia
15:30 - 16:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
16:00 - 18:00	Integrating Speed and Biokinetic Development	Tallinn Sports Hall

Friday 04 March 2022

Time	Topic	Location
08:30 - 10:30	Developing Running Rhythms	Tallinn Sports Hall
10:30 - 11:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
11:00 - 12:30	Focus on Long-Term Athlete Development and the Adolescence Growth Spurt	Radisson Blu - Olumpia
12:30 - 14:00	<i>Lunch</i>	Radisson Blu - Olumpia
14:00 - 15:30	Rise of the Super Shoes and Super Spikes	Radisson Blu - Olumpia
15:30 - 16:00	<i>Coffee Break</i>	Radisson Blu - Olumpia
16:00 - 18:00	Speed Endurance and Priming for Recovery	Tallinn Sports Hall

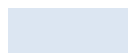
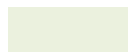
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Wednesday 02 – Saturday 05 March, 2022

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Saturday 05 March 2022

Time	Topic	Location
08:30 - 10:30	Multi-Pace Training	Audentes Sports Hall
10:30 - 10:50	<i>Coffee Break</i>	Audentes Sports Hall
10:50 - 12:30	Focused Review of Practical Sessions with Coach/Athlete Practice	Audentes Sports Hall
12:30 - 14:00	<i>Lunch</i>	Radisson Blu - Olumpia
14:00 - 15:30	Cross Country and Fartlek	Radisson Blu - Olumpia
15:30 - 15:50	<i>Coffee Break</i>	Radisson Blu - Olumpia
15:50 - 17:30	Focused Review of Planning followed by Open Forum - Questions and Discussion	Radisson Blu - Olumpia
17:30 - 18:00	Closing Ceremony	Radisson Blu - Olumpia

	Theory Session
	Practical Session