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SEMINAR 1: TRAINING PLANNING

Day 1: 24 March 2018 – Venue: *Scandic Hotel Norra Bantorget*

Timing	Topic
15:00 – 15:15	Welcome of the participants and registration
15:15 – 15:45	1 st step in programming – goals
15:45 – 16:15	2 nd step: deadlines
16:15 – 16:45	Practical examples: analysis of training strategies
16:45 – 17:00	Coffee break
17:00 – 17:30	Group work / role play
17:30 – 18:00	Body, mind and their combination
18:00 – 18:30	Aerobic and anaerobic thresholds
18:30 – 19:00	Weekly training plans
19:00 – 19:30	Light dinner (wraps and fruit)
19:30 – 20:00	Season training plans
20:00 – 20:30	Q&A session
20:30	Closure and end of the seminar – part I

Day 2: 25 March 2018 – Venue: *Eriksdalbadet swimming pool*

Timing	Topic
10:00 – 10:30	Welcome back to the participants
10:30 – 11:00	Practical analysis and feedback of <i>ad hoc</i> topics
11:00 – 13:00	Free swimming + demonstration of fin swimming
13:00	Closure and end of the seminar

During the afternoon of 25 March and the morning of 26 March Mr Levada will remain at the availability of the participants for any individual advice or consultation.