



PROGRAMMIE

IFAC INTERNATIONAL
FESTIVAL OF
ATHLETICS
COACHING

4 - 6
NOVEMBER
2022

PADOVA (ITALY)

v1.0 Updated to: September, 27th



COACHING SUMMIT
SERIES

atletica
italiana

FRIDAY NOVEMBER, 4th

EUROPEAN ATHLETICS HEADING PARIS '24



14:00 - 14:45 CEST

Accreditation



14:45 - 15:15 CEST

Welcome from Authorities

15:15 - 16:15 CEST

"The New Era of Coaching"

Frank Dick

16:15 - 17:15 CEST

Endurance Training

Geoff Wightman



17:15 - 17:30 CEST

Coffee break

17:30 - 18:30 CEST

"From Pole Vault Rising Star to World Class Athlete: The Coaches' Role in Successful Junior Development"

Herbert Czingon

Hurdles Panel

**Rita Engelbrecht
et al.**

Throws Panel

**Terseus Liebenberg
Shaun Pickering
Paolo Dal Soglio
et al.**

18:30 - 19:30 CEST

Physical Preparation in Elite Sprinters

Rob Miller

Endurance Panel

**Geoff Wightman
et al.**

High Jump Panel

T.B.D.



20:30 CEST

Dinner

SATURDAY NOVEMBER, 5th

PRACTICAL SESSIONS



08:15 - 08:45 CEST

Accreditation

08:45 - 09:00 CEST

Welcome from EACA, FIDAL and Local Authorities

09:00 - 10:30 CEST

"My Pole Vault School: Improving Pole Vault Performance Prerequisites in the U20"

Herbert Czingon

"Technical and Tactical Approach of The 400m Hurdles"

Laurent Meuwly

Race Walk Training

T.B.D.



10:30 - 11:30 CEST

Coffee break and partners demo

11:30 - 13:00 CEST

"Strength Endurance Circuit for Sprinters"

Laurent Meuwly

Shot Put Training

T.B.D.

"Plyometric Progressions and How to Integrate Them into a Combined Events Programme"

Laura Turner Alleyne



13:00 - 14:30 CEST

Lunch

14:30 - 16:00 CEST

"Tuning the Sprinting Biomechanics: from Block Start to Maximum Velocity"

Marco Airale

High Jump Training

T.B.D.

Long/Triple Jump Training

T.B.D.



16:00 - 17:00 CEST

Coffee break and partners demo

17:00 - 18:30 CEST

"Track-Side Performance Therapy"

Marco Airale

"Olympic Weightlifting for Track and Field Athletes"

Rob Miller

"Training for Change of Pace"

Geoff Wightman



20:30 CEST

Dinner with coaches

SUNDAY NOVEMBER, 6th

COACHING KNOWLEDGE



08:30 - 08:45 CEST

Final day intro

08:45 - 09:40 CEST

"Athletes' View of Coaching" Panel

**A group of young athletes
talking about coaching under
their own perspective**

09:45 - 10:40 CEST

"Agile Periodization and
Philosophy of Training"

Mladen Jovanovic [TBC]

"My Combined Events Journey"

Laura Turner Alleyne



10:40 - 10:55 CEST

Coffee break

10:55 - 11:50 CEST

"Coach Development"

Marco Airale

11:55 - 12:50 CEST

"High Performance Consistency
and Peaking"

Laurent Meuwly



12:50 - 13:20 CEST

Final Review and 2023 EACA Plans

**Frank Dick
Giacomo Galletto**



**COACHING SUMMIT
SERIES**

