



# PROGRAMME

**IFAC** INTERNATIONAL  
FESTIVAL OF  
ATHLETICS  
COACHING

4 - 6  
NOVEMBER  
2022

PADOVA (ITALY)

v1.1 Updated to: October, 5th



# FRIDAY NOVEMBER, 4th

EUROPEAN ATHLETICS HEADING PARIS '24



**14:00 - 14:45 CEST**

Accreditation

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**14:45 - 15:15 CEST**

Welcome from Authorities

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**15:15 - 16:15 CEST**

"The New Era of Coaching"

**Frank Dick**

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**16:15 - 17:15 CEST**

Endurance Training

**Geoff Wightman**

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**17:15 - 17:30 CEST**

Coffee break

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**17:30 - 18:30 CEST**

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

**Herbert Czingon**

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Hurdles Panel

**Rita Engelbrecht  
Fabrizio Mori**

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Throws Panel

**Marinella Vaccari  
Paolo Dal Soglio  
Nicola Vizzoni  
Shaun Pickering  
Terseus Liebenberg**

**18:30 - 19:30 CEST**

"Physical Preparation in Elite Sprinters"

**Rob Miller**

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Endurance Panel

**Alessandro Gandellini  
Geoff Wightman  
Massimo Pegoretti  
Patrizio Parcesepe**

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Jumps Panel

**Claudio Mazzaufo  
Khadidiatou Seck  
Marcello Furlani  
Stefano Giardi  
Herbert Czingon**

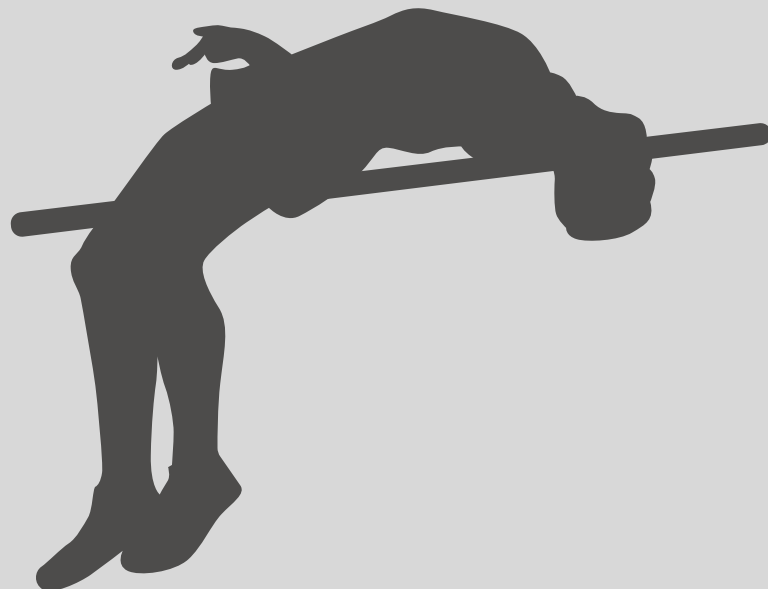
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**20:30 CEST**

Dinner

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# SATURDAY NOVEMBER, 5th

## PRACTICAL SESSIONS



**08:15 - 08:45 CEST**

Accreditation

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**08:45 - 09:00 CEST**

Welcome from EACA, FIDAL and Local Authorities

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**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

**Patrizio Parcesepe  
Alessandro Gandellini**

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**10:30 - 11:30 CEST**

Coffee break and partners demo

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**11:30 - 13:00 CEST**

"Strength Endurance Circuit for Sprinters"

**Laurent Meuwly**

"An Integrative Approach to Rotational Shot Put Technique and Strength Training"

**Paolo Dal Soglio with Zane Weir**

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

**Laura Turner Alleyne**



**13:00 - 14:30 CEST**

Lunch

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**14:30 - 16:00 CEST**

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

**Marco Airale**

High Jump Training

**Stefano Giardi**

Long/Triple Jump Training

**Claudio Mazzaufu**

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**16:00 - 17:00 CEST**

Coffee break and partners demo

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**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**

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**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

**Andrea Della Valle**

**Laura Strati**

**Rachele Mori**

**Sara Fantini**

**09:45 - 10:40 CEST**

"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**

