

NCCP WEIGHTLIFTING TECHNICAL COURSE LEVEL 2

Learning Facilitator: Mirek Korkowski
Assistant Learning Facilitator: Sean Mazur

A G E N D A

Part I – March 12, 2016 - 9:00 am – 1:00 pm, Sport MB, 145 Pacific Ave

1. Introduction
2. Technical aspects of the Olympic lifts
 - a. The Snatch
 - b. The Clean & Jerk
3. Principles of strength training
 - a. Continuity
 - b. Continuous growth of effort
 - c. Specificity
 - d. Variety
 - e. Alternation
4. Strength training methods
 - a. Maximum effort method
 - b. Heavy effort method
 - c. Power training method
 - d. Effort to failure method
 - e. Isometric method
 - f. Body building method
 - g. Circuit training method
5. Planning the training - annual training cycle/periodization

Part II – 2:00 am – 4:00 pm Prairie Crossfit Gym (basic gym attire required)

6. Technical aspects of the Olympic lifts
 - a. Practical education

Part III – March 13, 2016 - 9:00 am – 12:00 pm, Sport MB, 145 Pacific Ave

7. Development of the training program
 - a. Examples of training sessions
8. Tasks for the coach
 - a. competition checklist
9. Conclusion