

# JC Sports Performance Clinic Outline

## Day 1

- 8:15-8:30 Course Check in
- 8:30-8:45 Course Introduction
- 8:45-9:45 Lecture: Preparation
- 10:00-11:30 Practical: Preparation
- 11:30-12:30 Lunch
- 12:30-1:30 Lecture: Training Philosophy
- 1:30-2:15 Lecture: Acceleration
- 2:30-4:00 Practical: Acceleration
- 4:15-4:45 Lecture: Physical Education and Athletic Department
- 4:45- 5:00 Lecture: Review

## Day 2

- 9:00-10:00 Lecture: Weightlifting Philosophy
- 10:00-10:45 Lecture: Weightlifting (Squat)
- 11:00-12:30 Practical: Weightlifting (Squat)
- 12:30-1:30 Lunch
- 1:30-2:00 Lecture: Absolute Speed
- 2:15-3:30 Practical: Absolute Speed
- 3:30-4:15 Lecture: Weightlifting (Push and Pull)
- 4:30-5:15 Practical: Weightlifting (Push and Pull)
- 5:15-5:30 Lecture: Review

## Day 3

- 9:00-9:45 Lecture: Multi-Directional Speed
- 10:00-11:30 Practical: Multi-Directional Speed
- 11:30-12:30 Lunch
- 12:30-1:15 Lecture: Weightlifting (Clean)
- 1:30-3:00 Practical: Weightlifting (Clean)
- 3:15-4:15 Lecture: Programming
- 4:15-4:45 Lecture: Review
- 4:45-5:00 Group Picture

-Schedule subjected to change-

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