

The Second European Sprints & Hurdles Conference

University of Warwick, England, 10-11 November 2012

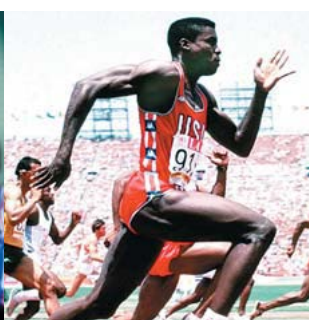
TIME TABLE (May be subject to change)

Saturday 10 November

10:00	Planning	Loren Seagrave
11:10	Coaching the 4 x 100m - the challenges	Wigert Thunnissen
	Coaching beginner/intermediate hurdlers	Tom Tellez
12:40	Lunch	
14:00	The training of Carl Lewis	Tom Tellez
	Fault correction for advanced hurdles coaches	Loren Seagrave
16:45	Training philosophy, progression and development (Adam Gemili)	Michael Afilaka
19:00	Informal buffet dinner and networking opportunity	

Sunday 11 November

09:00	The Dutch approach to relays	Wigert Thunnissen
10:00	A history of training methods for the sprints	PJ Vazel
	Putting together a training programme for developing hurdlers	James Hillier
11:30	Acceleration and starting for beginner and intermediate sprinters	Loren Seagrave
	Coaching the 4 x 100m - the challenges	Wigert Thunnissen
14:00	Lunch	
14:00	Chaired Discussions – An opportunity for all delegates to join in discussions with the presenters and other coaches	
15:00	A lifetime in Coaching	Tom Tellez
16:00	Conference ends	



Book online at www.uka.org.uk/coaching/conferences