

## **Programme**

### **Friday November 16th**

14.00 Registration Quality Hotel Royal Corner  
15.30 Transport from Hotel to Arenastaden  
16.00-16.15 Welcome  
16.15-17.45 Discus practical and Hammer practical  
17.45-18.00 Break  
18.00-19.30 Discus practical and Hammer practical  
20.00 DINNER at Hotel  
Speakers available at hotel in evening for discussions

### **Saturday November 17th**

09.00-10.30 Theory Hammer  
10.30-11.00 Break  
11.00-12.30 Theory Strength & Conditioning Discus  
12.30-14.00 Lunch

During lunchtime: Sport companies present products

14.00-15.30 Theory - Discus  
15.30-16.00 Break  
16.00-17.30 Theory Strength & Conditioning Hammer  
17.30-18.00 Break  
18.00-18.30 Biomechanics - Shaun Pickering  
18.30-19.00 Linné University  
19.00 Dinner  
20.00-21.00 Question & answer session

### **Sunday November 18th**

09.00-10.30 Planning training Discus  
10.30-11.00 Break  
11.00-12.30 Planning training Hammer  
12.30 Thanks and Lunch