

Time	Friday 15/11/24		
till 15:00	Arrival of participants	Hotel Check-In - Registration	
from 15:30	Bus Shuttels	Hotels -> Sportzentrum	
16:00 - 16:30	Official Opening	Sonja Spindelhofer (Austrian Athletics President), Gottfried Lammerhuber (Austrian Athletics Vice-President), Philipp Unfried (Austrian Athletics Sprint Coach)	
16:30 - 18:00	Trainings Philosophy (Teamdynamics, Theory)	Laurent Meuwly	
18:00 - 19:00	Podiumsdiscussion	Laurent Meuwly - Jarek Skrzyszowski	
19:00 - 20:30	Dinner & Socializing	Sportzentrum	
20:30	Bus Shuttels	Sportzentrum -> Hotels	

Time	Saturday 16/11/24		
7:30 - 8:30	Breakfast		Hotels
08:30	Hotel Shuttels	Hotels -> Sportzentrum	
09:00 - 10:00	Theory	Laurent Meuwly "Power - Speed - Plyometrics"	
10:00 - 10:30	Coffee Break		Sportzentrum
10:30 - 10:45	Change to Indoor Hall		Sportzentrum
10:45-12:15	Practical Part	Laurent Meuwly "Speed Development for Hurdlers and Sprinters with and without Hurdles"	
12:15 - 13:15	Lunch		Sportzentrum
13:30-15:00	Theory	Jarek Skrzyszowski "Theory of Hurdling Speed & Technique"	
15:00 - 15:30	Pause/Snack		Sportzentrum
15:30-15:45	Change to Indoor Hall		Sportzentrum
15:45 - 17:15	Practical Part	Jarek Skrzyszowski "Developing the necessary Athletic Abilities transferring Flat Speed into Hurdling"	
17:30	Hotel Shuttels	Sportzentrum -> Hotels	
18:30		Hotels -> Sportzentrum	
19:00	Dinner & Socializing		
23:00	Hotel Shuttels		

Time	Sunday 17/11/24		
7:30 - 8:30	Breakfast		Hotels
08:30	Hotel Shuttels	Hotels -> Sportzentrum	
9:00 - 9:45	Theory Practical Part	Gregor Högler "tba"	
9:45 - 10:00	Coffee Break		
10:00 - 11:00	Theory Practical Part	Gregor Högler "tba"	
11:00 - 12:00	Podiumsdiscussion & Closing	Unfried "Velocity Based Strength Training including practical conclusions for Sprinters"	
12:00 - 13:00	Lunch		Sportzentrum
13:00	Shuttles Sportzentrum - Hotel/Rail Station		