ΗΜΕΡΗΣΙΟ ΠΡΟΓΡΑΜΜΑ & ΘΕΜΑΤΟΛΟΓΙΑ ΣΕΜΙΝΑΡΙΟΥ ΠΡΟΠΟΝΗΤΩΝ ΚΑΝΟΕ ΚΑΓΙΑΚ SPRINT

April 14, Tuesday

P.M. **16:00 – 20:00 (Schinias)**

President of the Greek Federation

Georgios Athanasiou

OPENING of the second level of the course for coaches

Participation of Greek athletes in the national team qualifiers for the World Cups, European Cups, and World Championships.

Lecturer Zdzislaw Szubski, head coach of the Greek and Dutch national teams.

Presentation topic:

01. Analysis of the Greek athletes' performance in the national team qualifiers and discussion of the course program for the coming days.

April 15, Wednesday

A.M. **10:00 – 13:00(Schinias)**

Lecturer Jan Francik, coach of the German national team.

Presentation topic:

02. The concept structures the path from talent to elite athlete into clear phases:

P.M. **15:00-18:00 (Schinias)**

Lecturer Jan Francik

Presentation topic:

03. Key Content and Training Objectives:

04. Talent identification and development

Practical part (Technic in Canoe)

April 16, Thursday

A.M. **10:00 – 15:00 (Schinias)**

Lecturer Jan Francik

Presentation topic:

05. Squad Structure and Support:

Lecturer Zdzisław Szubski

Presentation topic:

06. SUMMARY of coach Jan Francik's presentation and reflection on the level of work in Germany and Greece.

The selection system and teaching the basics of sports education.

Identification and development of talent

Principles of selecting youth for sports (kayaking).

Assistance in systematic training, education, and preparation for life after a career ends.

Practical part (Technic in kayak)

April 17, Friday

P.M. **17:00 – 21:00 (Greek Federation)**

Lecturer Zdzisław Szubski

Presentation topic:

07. Training plan. Methods and system for creating a training plan.
08. Age groups. Groups with different training levels
09. Combining strength with endurance
10. General foundations for combining other disciplines with kayaking.
11. Combining basic strength and kayaking training.
12. Basic Strength Training. Basic Kayak/Canoe Training

April 18, Saturday

A.M. **11:00 – 15:00(Greek Federation)**

Lecturer Zdzisław Szubski

Presentation topic:

13. Supplementary Training, Running, Gymnastics, Swimming, and Core Training.
14. TRAINING PERIODS. Meso, Micro Cycles. Basic In-Season Goals.
15. The Difference Between Pre-Season Periods.
16. Supercompensation and Goal Achievement.

April 19, Sunday

A.M. **10:00 – 12:00 (Greek Federation)**

17. Analysis and Discussion of the Second Level of the Coaches' Course