

COURSE PROGRAM AND SCHEDULE

Thursday, September 17th, 2026

09:00 – 09:15	Introduction
09:15 – 10:15	Squat theory
10:15 – 11:00	Bench Press Theory
11:00 – 11:15	Short Break
11:15 – 12:15	Deadlift Theory
12:15 – 13:00	Training planning and programming part 1
13:00 – 13:45	Lunch
13:45 – 15:00	Sport psychology and the female athlete
15:00 – 15:15	Short break
15:15 – 16:15	Referee rules and coach responsibility part 1
16:15 – 16:30	Q & A and homework

COURSE PROGRAM AND SCHEDULE

Friday, September 18th, 2026

09:00 – 10:00	Nutrition and weight management
10:00 – 11:30	Anti-Doping
11:30 – 11:45	Short Break
11:45 – 12:00	Stretching
12:00 – 13:00	Training planning and programming part 2
13:00 – 13:30	Lunch
13:30 – 15:00	Training planning and programming part 3
15:00 – 15:10	Short Break and change
15:10 – 16:20	Practical squat and Bench Press
16:20 – 16:30	Short evaluation day 2

COURSE PROGRAM AND SCHEDULE

Saturday, September 19th, 2026

09:00 – 09:45	Equipped lifting Theory
09:45 – 11:15	Meet day planning and scenarios
11:15 – 11:45	Short Break
11:45 – 13:15	Theory exam
13:15 – 13:45	Lunch
13:45 – 14:00	Short Break and change
14:00 – 15:45	Practical kneewrap squat and deadlift
15:45 – 16:15	Examination results and certification
16:15 – 16:30	Evaluation of the Trainer Course, Level 2