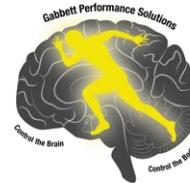


## “Load Management – Train Smarter and Harder” Workshop

### Day 1

Session	Topic
(8:00am-8:30am)	<i>Participants registration</i>
(8:30am-9:30am)	<p><i>Coaching Roundtable – What is “Load Management” Really About?</i></p> <p>This session will provide practitioners the opportunity to discuss the concepts around load management, and what it means for their practice. (<i>Group Interaction</i>)</p>
(9:30am-10:30am)	<p><i>Towards a Best Practice Approach to Load Monitoring (part 1)</i></p> <p>In this session the most recent work on training monitoring (and current controversies) will be discussed. (<i>Lecture</i>)</p>
(10:30am-11:00am)	<i>Break</i>
(11:00am-12:00pm)	<p><i>Towards a Best Practice Approach to Load Monitoring (part 2)</i></p> <p>In this session the most recent work on training monitoring (and current controversies) will be discussed. (<i>Lecture</i>)</p>
(12:00pm-1:00pm)	<p><i>Monitoring with Minimal Resources</i></p> <p>In this session, Tim will demonstrate how coaches can monitor their athletes’ training - even when they have minimal resources at their disposal. (<i>Group Interaction</i>)</p>
(1:00pm-2:00pm)	<i>Lunch break</i>
(2.00pm-3.00pm)	<p><i>Preparing for the “Worst Case Scenario”</i></p> <p>In this session, participants will learn to identify the most demanding passages of play and develop training activities to develop these qualities. (<i>Lecture &amp; Practical</i>)</p>
(3:00pm-3:30pm)	<i>Break</i>
(3.30pm-4.30pm)	<p><i>Training Smarter and Harder</i></p> <p>This session will highlight the latest evidence demonstrating that training harder is actually training smarter! (<i>Lecture</i>)</p>
(4:30pm-5:00pm)	<p><i>Open Forum and Discussion</i></p> <p>(<i>Group Discussion</i>)</p>



## “Load Management – Train Smarter and Harder” Workshop

### Day 2

Session	Topic
(8:00am-9:00am)	<p><i>Making a Difference in High Performance Sport</i></p> <p>This session will discuss ways in which coaches, athletic trainers, strength and conditioning staff and sport science researchers can develop an integrated program using an athlete-centered approach. (<i>Lecture</i>)</p>
(9:00 am-10:30am)	<p><i>Individualizing the Training Process</i></p> <p>This session will discuss the process behind developing individualized training programs within a team environment. (<i>Group Interaction</i>)</p>
(10:30am-11:00am)	<i>Break</i>
(11:00am-12:15pm)	<p><i>Return to Competition</i></p> <p>This session will explore the timing, content and loading when returning to competition following minor and major injuries, and off-season break. (<i>Practical Group Interaction</i>)</p>
(12:15pm-1:15pm)	<i>Lunch break</i>
(1:15pm-2:00pm)	<p><i>The Role of the Brain in Pain and Fatigue</i></p> <p>This session explores the biopsychosocial model of health and factors that may contribute to the sensations of pain and fatigue. (<i>Lecture</i>)</p>
(2:00pm-2:30pm)	<i>Break</i>
(2:30pm-4:00pm)	<p><i>Building Robust and Resilient Athletes</i></p> <p>In this session the most recent work on training monitoring will be discussed. Appropriately staged <i>training</i> (rather than simply monitoring) and its role in managing injury and pain will be explored. (<i>Lecture</i>)</p>
(4:00pm-4:30pm)	<p><i>Open Forum and Discussion</i></p> <p>(<i>Group Discussion</i>)</p>