

TIMETABLE

	DAY 1	DAY 2	DAY 3
9.00-9.30	Opening/ Welcome participants	Program & presentation of the day	Program & presentation of the day
9.30-10.30	Presentation of the two Workshop Programme/ Contents of the workshops	Grp1:working group ----- Grp2:working group	Grp1: Cases studies ----- Grp2:Cases studies
10.30- 12.30	<u>Theoretical components</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Mental fitness • <u>Grp2</u>: Methodology of Training 	<u>Scientific components</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Mental fitness/ Sport psychology • <u>Grp2</u>: Physiological Components 	<u>Cases studies analysis/ per group</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Mental Fitness plan • <u>Grp2</u>: Training plan
12.30-13.30	Lunch	Lunch	Lunch
13.30/15.30	<u>Theoretical components</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Methodology of Training • <u>Grp2</u>: Mental fitness 	<u>Theoretical components</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Physiological Components • <u>Grp2</u>: Mental fitness/ Sport psychology 	<u>Practical exercise per group</u> <ul style="list-style-type: none"> • <u>Grp1</u> : Training Plan • <u>Grp2</u>: Mental Fitness plan
15.30-15.45	Coffee break	Coffee break	Coffee break
15.45- 17.30	Working group	Working group Session Grp1/Grp2	Debriefing / Work group presentation
17.30-18.00	Discussion & feedback- End of Day 1	Discussion & feedback- End of Day 2	End of the Workshops

The timetable may be subject to some changes.