

## Speed Sports Performance Seminar

- + 7:45-8:00: Registration
- + 8:00-8:45: Lecture: The Science of Speed
- + 8:45-9:00: Break
- + 9:00-10:45: Lecture: Planning for Speed Development
- + 10:45-11:00: Break
- + 11:00-12:00: Lecture: Methods for Speed Development

*-schedule subject to change-*