

# KENT SQUAD TIMETABLE

Strength & Conditioning 21/10/07

Julie Rose Stadium

Time	Sprints	Jumps & Hurdles	Throws	Middle Distance
09.30am	Registration			
10am	Introduction & Warm Up			
10.30am	Core Stability Workshop <i>(Paul Massey)</i>	Introduction to Sports Psychology <i>(Rebecca Symes)</i>	Meet your event coach/s – <i>(Technical Element)</i>	Planning for your event
11.30am	Meet your event coach/s – <i>(Technical Element)</i>	Core Stability Workshop <i>(Paul Massey)</i>	Introduction to Sports Psychology <i>(Rebecca Symes)</i>	Planning for your event
12.30pm	Lunch Break			
1pm	Meet your event coach/s – <i>(Technical Element)</i>	Planning for your event	Core Stability Workshop <i>(Paul Massey)</i>	Introduction to Sports Psychology <i>(Rebecca Symes)</i>
2pm	Introduction to Sports Psychology <i>(Rebecca Symes)</i>	Meet your event coach/s – <i>(Technical Element)</i>	Planning for your event	Core Stability Workshop <i>(Paul Massey)</i>
3pm	Finish			