

**DAY 1 Curriculum**

7:30 – 8:00 **Student Check-In**

8:00 – 8:50 **Foundations of Optimum Performance Training (OPT™)**

- Who is our client?
- What do they have in common?
- Components of Performance
- How can we systematically train each component?
- OPT™ model
- 3 Levels (adaptations)
- 7 phases – review/describe
- Examine the Evidence

8:50 – 9:00 **Break**

9:00 – 11:00 **The Key to OPT™ = Assessment**

- Overhead Squat / Single Leg Squat
  - Definition and Purpose of the Overhead Squat / Single Leg Squat
  - Overview of Kinetic Chain Check Points
  - Students will pair up and take each other through the Overhead Squat & Single Leg Squat
  - Identify common muscular imbalances and how they act as Performance Inhibitors
- Performance Profile
  - Davies Upper Extremity Stability Test
  - Shark Skill
  - Vertical Jump
  - L.E.F.T.
    - Handouts of different profiles for different sports**
    - Push-Up Test or 5 RM Bench Press
    - 5 RM Squat
    - 40 & 60 Yard Dash, 300 Yard Shuttle

11:00 – 12:00 **Introduction to Speed, Agility & Quickness Training**

12:00 – 1:00 **Lunch**

1:00 – 2:30 **Learn By Doing: Straight Ahead Speed (SAS)**

- Upper Body Sprint Drills
- Lower Body Sprint Drills
- Total Body Sprint Drills
- Discuss and identify other drills that can be used for Straight Ahead Speed (SAS):

2:30 – 4:00 **Learn By Doing: Lateral Speed & Agility (LSA)**

- Various Cone Drills for Agility Training

4:00 – 4:45 **Learn By Doing: Quickness Training**

- Various Ladder Drills and other Exercises for improving Quickness

4:45 – 5:00 **Review Handout for Stand Alone SAQ Sample Program & Wrap-Up**

**DAY 2 Curriculum**

8:00 – 8:30     **Review Day 1**

8:30 -- 10:00     **Stabilization Training Program**

- Scientific Rationale for Integrated Stabilization Training (IST)
- Demo and practice Flexibility, Core, Balance, Reactive, SAQ & Strength from the template.

10:00 – 10:15     **Break**

10:15 -- 12:00     **Strength Training Program**

- Scientific Rationale for Stabilization Equivalent Training (SET)
- Demo and practice Flexibility, Core, Balance, Reactive, SAQ & Strength from the template.

12:00 – 1:00     **Lunch**

1:00 – 2:30     **Power Training Program**

- Scientific Rationale for Elastic Equivalent Training (EET)
- Demo and practice Flexibility, Core, Balance, Reactive, SAQ & Strength from the template.

2:30 – 2:45     **Break**

2:45 – 4:45     **Program Design**

- Defining the Scientific Rationale of Acute Variables & OPT™ Program Design
- Understanding the Diversity of OPT™
- Comparative Analysis of Program Design (**1-on-1 versus Group Training**).
- Designing OPT™ programs with limited equipment and/or no weight room
- Program design for stand alone SAQ camps

**Periodization**

- Developing a Master Performance Plan

**Case Study**

- Bringing it all together

4:45 – 5:00     **Introduction of the NASM Advantage/Solutions Program, Q & A and Wrap-up.**