

# NASM Live: **Sports Performance Training** Workshop Agenda



7:30-8:00	Registration
8:00-8:45	Integrated Training and the OPT™ Model
8:45-9:30	Assessments
9:30-12:00	Preseason Training, Programming and Techniques
12:00-1:00	Lunch
1:00-3:00	In-season Training, Programming and Techniques
3:00-4:45	Off-season Training, Programming and Techniques
4:45-5:00	Next Steps, Review and Dismissal

*\*\*Times and topics subject to change without notice\*\**