

TIME	YEAR 1
10:15am	Arrival (Loughborough College [LC]) Radmoor Rd, (access via Epinal Way), Loughborough LE11 3BT
10:30 - 11:30am	Goal setting workshop with Mark (Loughborough College Sports Centre [LCSC])
11:30am - 12 noon	Session 1 Movement and mobility (LCSC)
12 - 1pm	Lunch (Radmoor Centre)
1 - 2:45pm	Nutrition workshop with Sam (Radmoor Centre and Sainsbury's)
2:45 - 3pm	Transition to Powerbase
3 - 4:30pm	<p>Session 2 Powerbase gym</p> <p>Challenge session: “One on, one off”</p> <p>Jumping and landing progressions Step 1: Landing emphasis (recap) Step 2: ‘Slow’ SSC</p> <p>Snatch or derivative (athlete-choice) 4-5 sets x 2-3 reps</p> <p>Pull variation (athlete-choice) Sets, reps and load = athlete-choice</p> <p>Accessory exercise progressions: Single leg stability (DiSE coach-led)</p>
4:30 - 4:45pm	Transition to Sir John Beckwith Centre for Sport
4:45 - 5:30pm	DiSE portfolio preparation/training log completion with Nick and Taylor (Sir John Beckwith Centre for Sport)
5:30 - 5:45pm	Transition to Elite Athlete Centre and check-in
6 - 7pm	Athlete down time
7 - 8pm	Dinner (EAC)
8 - 8:30pm	Evening activity
8:30 - 10pm	Athlete down time

TIME	YEAR 1
8 - 8:45am	Breakfast (EAC)
8:45 - 9am	Transition to LCSC
9:15 - 10:15am	Technical development workshop with Steph (LCSC)
10:15 - 10:30am	Transition to Powerbase
10:45am - 11:45pm	<p>Session 3 Powerbase gym</p> <p>Technical session Capturing a technical series</p> <p>Clean & jerk ~70-80% of 1RM >80% = athlete-choice Accessory exercise progressions: Overhead stability (DiSE coach-led)</p>
11:45am - 12noon	Transition to Radmoor Centre
12 - 1pm	Lunch (Radmoor Centre)
1 - 2:30pm	Workshop with Taylor (Radmoor Centre)
2:30 - 2:45pm	Transition to Powerbase
3 - 4:30pm	<p>Session 4 Powerbase gym</p> <p>Challenge session: “Balancing act” Snatch Squat variation (athlete-choice) 4-5 working sets Team workout</p>
Close	Leave (4.30pm)