



NEWSLETTER SPEED



METHODOLOGIES



Methodology for the coaches to design and implement sports psychology tools and methods in the athletes preparation and improve the performance



Methodology for the athletes for effective self-preparation programmes for mental training as part of the sports programme



Methodology for the coaches to design and implement physical training programmes, tools and methods in the athletes preparation and improve the performance



TRAINING ON EFFECTIVE PHYSICAL TRAINING PROGRAM, SOFIA, BULGARIA 11 - 14th October 2024



We implemented successful training session on the Methodology to design and implement physical training programs, tools and methods in the athletes' preparation and improve the performance!



Engaging in productive discussions, attendees explored potential actions and strategies to enhance accessibility for individuals with fewer opportunities to participate in sports and join sport clubs.



The event included presentation on sprint-specific training, followed by collaborative discussions and feedback session.



Coaches and athletes then engaged in a hands-on training session, fostering open dialogue and practical insights aimed at refining techniques and approaches within sprint training.

