



EDUCATION

MJP-Speed:

*The Complete Movement
Training System for Sport*

Course presentation formats include lecture, video review, and practical lab/learn-by-doing.

COURSE SCHEDULE	COURSE DESCRIPTION
Day 1: Morning 8:00 a.m. – Noon	8:00 Check-In 8:30 MJP Training System Overview 9:00 Defining Speed for Sport: Linear (Accel, MaxV), Multi-Direction (COD, Angular) 9:30 Theory and Practical Methodology of Training Linear Speed: Acceleration 10:45 Practical: Acceleration Learn-by-Doing Lab
Lunch: Noon – 1:00 p.m.	
Day 1: Afternoon 1:00 a.m. – 5:00 p.m.	1:00 Q/A, Video Analysis, Case Study Report, Sample Session Script/Flow/Video 1:30 Theory and Practical Methodology of Training Linear Speed: Maximum Velocity 2:45 Practical: Maximum Velocity Learn-by-Doing Lab 4:00 Q/A, Video Analysis, Case Study Report, Sample Session Script/Flow/Video 4:30 Age- and Sport-Specific Applications of Linear Speed Training System
Day 2: Morning 8:00 a.m. – Noon	8:00 Q/A, Video Analysis, Case Study Report, Sample Session Script/Flow/Video 8:30 Theory and Practical Methodology of Training Multi-Direction Speed: Angular Speed 10:00 Practical: Angular Speed Learn-by-Doing Lab 11:15 Q/A, Video Analysis, Case Study Report, Sample Session Script/Flow/Video
Lunch: Noon – 1:00 p.m.	
Day 2: Afternoon 1:00 p.m. – 5:00 p.m.	1:00 Theory and Practical Methodology of Training Multi-Direction Speed: COD 2:15 Practical: COD Learn-by-Doing Lab 3:30 Q/A, Video Analysis, Case Study Report, Sample Session Script/Flow/Video 4:00 Age- and Sport-Specific Applications of MD Speed Training System 4:30 Certificate of Completion, Pictures