



2016 Podium Education Project Schedule
Wednesday, November 30, Hilton Hotel, Walt Disney World, Orlando, Florida

Session	Topic	Speaker
8:30 – 9:15 am	Welcome and Remarks on the 2020 High Performance Plan for USATF	Duffy Mahoney, USATF Chief of High Performance
9:30 – 10:30 am	Applied Science Coaching: Annual Plan, Testing and Evaluation	Gunter Lange, IAAF Senior Associate Director for Development
	Elite Training for the Throws	Anatoliy Bondarchuk, Internationally Recognized Throws Coach
10:45 – 12:00 pm	Special Guest Speaker	TBA
12:00 – 1:30 pm	Break	
1:30 – 2:45 pm	Medalist Coaches Panel, Sprint Relays	Lance Brauman, Daryl Woodson, Tonja Buford-Bailey
	Similarities in Training for the 2 Hour Marathon vs. the 4 Hour Marathon	Renato Canova, Internationally Recognized Marathon Coach
	Medalist Coaches Panel, Throws	Anatoliy Bondarchuk, Don Babbitt, Kibwe Johnson
3:00 – 4:15 pm	Medalist Coaches Panel, Endurance	Renato Canova, Bob Larsen, Scott Simmons
	Developing an Olympic Thrower	Don Babbitt, Gold Medalist Coach
	Basic Components of the Gold Medal Training Regimen	Rana Reider, Gold Medalist Coach in Rio for Triple Jump and Long Jump
4:30 – 5:45 pm	Strength and Power Training for Endurance Performance	Inigo Mujika, Sport Researcher and Professor
	Back to Basics for World Class Sprinting	Loren Seagrave, Director of Track and Field, IMG Academy
	Critical Training Components for Vaulters of All Abilities	Bryan Compton, Medalist Coach in the Pole Vault
5:45 – 7:00 pm	High Performance Reception for Participants and Speakers	