

# SPEED & POWER VIRTUAL CONFERENCE 2020

Speed and power are vital for sprinting and impact most athletic events. Our virtual conference will put you in front of expert speakers who will present on technique, training planning, physical prep, plyometrics and the mindset to pull it all together ... and you get to join us from the comfort of your own home!

Featuring...

Christine Ohuruogu, Lloyd Cowan, Nick Winkelman, Aston Moore, Frank Attoh, Mike Young, Gareth Walton, Ed Archer, Chris Shambrook, Stan Madiri, Christine Harrison-Bloomfield & Julie Pratt-Benterman.

## 14-15 NOVEMBER 2020

Book online: 1-Day and 2-Day passes available  
[www.englandathletics.org/speedpowerconf](http://www.englandathletics.org/speedpowerconf)

**DISCOUNTED RATE**  
for individuals/coaches registered  
with a club affiliated to a UK  
Home Country Athletics  
Federation

# CONFERENCE OVERVIEW

## SATURDAY 14 NOVEMBER 2020

### **Preparation for Championship Performance: the importance of the coach-athlete partnership – Christine Ohuruogu MBE & Lloyd Cowan MBE**

Christine Ohuruogu is a women's 400m Olympic, World and Commonwealth champion and will be joined by her coach, Lloyd Cowan, an Olympian and now one of the most respected senior elite speed coaches in the UK.

### **Science and Practice of Elite Speed Development – Mike Young**

Mike Young won six team NCAA championships and coached 4 USA Track & Field Championship, Olympic and World Championship athletes. He is currently Director of Performance at Athletic Lab Sports Performance Training Centre.

### **The Psychology of Championship Performance – Chris Shambrook**

Chris Shambrook was the Sports Psychologist for the GB Rowing Team over 22 years and 5 Olympic cycles and has spent his career helping athletes and coaches to develop their minds with the same discipline as they prepare their bodies.

### **Speed Training for Acceleration – Gareth Walton**

As a Performance Specialist at EXOS Gareth Walton has worked with athletes from a range of sports at Olympic, professional and amateur level. Gareth also supports EXOS Education delivering their methodology mentorships and workshops in various countries around the globe.

### **Foundation S&C for Explosive Strength – Ed Archer**

Ed Archer is former Director of the UK Strength & Conditioning Association with over 20 years of experience in Strength and Conditioning and the fitness industry, including working with Gloucester Rugby, Formula 1, and athletes from many sports.

## SUNDAY 15 NOVEMBER 2020

### **Inspiring Performance – Nick Winkelman**

Nick Winkelman was the Director of Movement and Education for EXOS Strength & Conditioning Specialist, is now the Head of Athletic Performance & Science for Irish Rugby Union and author of "The Language of Coaching".

### **The Implementation of Plyometrics for Speed & Power – Aston Moore & Frank Attoh**

Aston Moore is the National horizontal jumps coach for British Athletics and coach to Olympic medallists, World champions and record holders. Frank Attoh is one of the UK's leading horizontal jumps coaches, with over 30 years' experience including coaching eight Olympic athletes and World Championship medallists.

### **Session Planning for Sprints – Stan Madiri**

Stan Madiri is an IAAF Elite Sprints & Hurdles Coach and UKA Level 4 Performance Coach who combines his passion and credentials for neuromechanics with his education background to implement Speed programmes for podium performances.

### **Mastering Sprint Technique – Christine Harrison-Bloomfield**

Christine Harrison-Bloomfield is a former international sprinter and winner of national titles, now turned international sprint coach who has coached athletes such as Laviai Nielsen, Jodie Williams and Asha Philip to World and European Championships.

### **Mastering Hurdle Technique – Julie Pratt-Benterman**

Julie Pratt-Benterman is a World Junior 100m Hurdle champion, European U23 silver medallist and Commonwealth Games finalist. Now an international level coach, Julie consults for England Athletics as a Talent Event Lead.

- 1-Day Pass: £60 (affiliated attendees) / £99 (non-affiliated attendees)
- 2-Day Pass: £99 (affiliated attendees) / £179 (non-affiliated attendees)

**For more details and to book your place online visit:**  
**[www.englandathletics.org/speedpowerconf](http://www.englandathletics.org/speedpowerconf)**

Closing Date for bookings – 13th November.