

## Introduction to Para Athletics Coaching Course

### Day 1

08:30 Introduction  
09:00 Session 1: Classification  
09:45 Session 2: Competition Types and Processes  
10:30 Break  
11:00 Session 3: Role of the Coach, Athlete Centred Approach and Athlete Development  
12:00 Session 4: Skill Development  
13:00 Lunch Break  
13:45 Session 4 – continued  
14:15 Session 5: Pull Throw  
15:00 Session 6: Planning Training  
15:30 Break  
16:00 Session 6 – continued (group work)  
17:00 Day 1 Wrap up

### Day 2

08:30 Session 6 – continued (discuss results of group work)  
09:30 Session 7: Push Throw  
10:30 Break  
11:00 Session 8: Running and Running with Rhythm  
11:45 Session 9: Planning to Run Long Distances  
13:00 Lunch  
13:45 Session 10 – Long Jump  
14:30 Session 11 – High Jump  
15:30 Break  
16:00 Session Planning (group work)  
17:00 Day 2 Wrap up

### Day 3

09:00 Practical Session (Track based)  
13:00 Lunch  
13:45 Review of Practical Session  
14:15 Session 12 – Questioning and Listening  
15:00 Session 13 – Coaching as a Team  
15:30 Break  
16:00 Planning training, bringing everything together  
16:45 Quiz Time  
17:15 Conclude Programme