

# ENERGY FOR PERFORMANCE™

## TRAIN-THE-TRAINER AGENDA

DAY 1		
7:30 – 8:00 a.m.	Breakfast	
8:00 – 8:30 a.m.	Introduction and Overview	Performance Coach
8:30 – 9:00 a.m.	Sample Topic Delivery	Performance Coach
9:00 – 9:15 a.m.	Recovery Break	
9:15 – 10:15 a.m.	Facilitator Skills (Module 1 & 2)	Performance Coach
10:15 – 10:30 a.m.	Recovery Break	
10:30 – 11:15 a.m.	Facilitator Skills (Module 3)	Nutritionist
11:15 – 12:00 p.m.	Facilitator Skills (Module 4)	Exercise Physiologist
12:00 – 12:30 p.m.	Lunch	
12:30 – 1:30 p.m.	Facilitator Skills (Module 5 & 6)	Performance Coach
1:30 – 3:00 p.m.	Topic Preparation	
3:00 – 3:20 p.m.	Topic Presentation by Trainees	Trainee 1
3:20 – 3:40 p.m.	Topic Presentation by Trainees	Trainee 2
3:40 – 4:00 p.m.	Topic Presentation by Trainees	Trainee 3
4:00 – 4:10 p.m.	Recovery Break	
4:10 – 4:30 p.m.	Topic Presentation by Trainees	Trainee 4
4:30 – 4:50 p.m.	Topic Presentation by Trainees	Trainee 5
4:50 – 5:00 p.m.	Recovery Break	
5:00 – 5:30 p.m.	Review of Day 1, and Preview of Day 2	
5:30 –	Workout (on your own)- <i>Optional</i>	

DAY 2		
7:30 – 8:00 a.m.	Breakfast	
8:00 – 8:30 a.m.	Overview of Day 2	Performance Coach
8:30 – 10:30 a.m.	Module Preparation with Trainers	Staff
10:30 – 11:30 a.m.	Workout on own ( <i>optional</i> )	
11:30 – 12:00 p.m.	Lunch	
12:00 – 1:15 p.m.	Module Presentation by Trainee Group	Trainee Group 1
1:15 – 1:30 p.m.	Recovery Break	
1:30 – 2:45 p.m.	Module Presentation by Trainee Group	Trainee Group 2
2:45 – 3:00 p.m.	Recovery Break	
3:00 – 3:30 p.m.	General Feedback and Q&A	Staff
3:30 – 4:00 p.m.	Presentation of Certificate	Staff
4:00 – 4:30 p.m.	Next Steps and Closing	Staff

*Sample agenda. Subject to change.*