

CORPORATE ATHLETE®

2½ DAY COURSE AGENDA

DAY 1		
7:30 – 8:30 AM	Blood Chemistry Analysis & Breakfast	Staff
8:30 – 9:00 AM	Introduction	Performance Coach
9:00 – 10:30 AM	Energy Management Technology	Performance Coach
10:30 – 10:45 AM	Recovery Break	
10:45 – 12:15 PM	Nutrition for Energy Management	Nutritionist
12:15 – 12:45 PM	Lunch	
12:45 – 2:15 PM	Movement for Energy Management	Exercise Physiologist
2:15 – 2:30 PM	Change for Workout	
2:30 – 3:30 PM	Resistance and Flexibility Training	Performance Coach
3:30 – 3:45 PM	Recovery Break	
3:45 – 5:15 PM	Defining Purpose	Exercise Physiologist

DAY 2		
7:30 – 8:30 AM	Breakfast & Body Composition	Staff
8:30 – 10:00 AM	Facing the Truth	Performance Coach
10:00 – 10:15 AM	Recovery Break	
10:15 – 11:45 AM	Nutrition for Energy Management	Nutritionist
11:45 – 12:00 PM	Change for Workout	
12:00 – 1:00 PM	Interval Training	Exercise Physiologist
1:00 – 1:30 PM	Lunch	
1:30 – 2:30 PM	Blood Chemistry Results	Performance Coach
2:30 – 3:00 PM	Body Composition Results	Performance Coach
3:00 – 3:15 PM	Change for Workout	
3:15 – 4:00 PM	Dynabands, Body Circuit and Flexibility	Exercise Physiologist
4:00 – 4:15 PM	Recovery Break	
4:15 – 5:45 PM	Skillful Storytelling	Performance Coach

DAY 3		
7:30 – 8:00 AM	Breakfast	Staff
8:00 – 9:00 AM	Nutrition & Fitness Planning	Performance Coach
9:00 – 9:15 AM	Recovery Break	
9:15 – 10:45 AM	Taking Action	Performance Coach
10:45 – 11:15 PM	The Journey to Success in Your Mission	Performance Coach
11:15 – 11:45 PM	The Journey Begins	Staff
11:45 – 12:15 PM	Lunch	