

CORPORATE ATHLETE®

TRAIN-THE-TRAINER COURSE

SAMPLE AGENDA

DAY 1				
7:30	-	8:00 AM	Breakfast	Patio
8:00	-	8:30 AM	Introduction & Journey to Certification	Training Center HPI Coach
8:30	-	10:00 AM	Facilitator Skills: Energy Management Technology 1	Training Center HPI Coach
10:00	-	10:15 AM	Recovery Break	
10:15	-	11:15 AM	Facilitator Skills: Nutrition for Energy Management	Training Center HPI Coach
11:15	-	11:30 AM	Change for Workout	
11:30	-	12:30 PM	Workout: Advanced Interval Training	Fitness Center HPI Coach
12:30	-	1:00 PM	Lunch	Patio
1:00	-	2:00 PM	Facilitator Skills: Movement for Energy Management	Training Center HPI Coach
2:00	-	2:15 PM	Recovery Break	
2:15	-	3:15 PM	Preparation for Presentations	Training Center Participants
3:15	-	4:15 PM	Presentations	Training Center Participants
4:15	-	4:30 PM	Review & Homework Assignment: Facilitator Training Mission - Truth/Identifying Barriers	Training Center HPI Coach
DAY 2				
7:30	-	8:00 AM	Breakfast	Patio
8:00	-	9:30 AM	Facilitator Skills: Energy Management Technology 2	Training Center HPI Coach
9:30	-	9:45 AM	Recovery Break	
9:45	-	10:45 AM	Preparation for Presentations	Training Center Participants
10:45	-	11:45 AM	Presentations	Training Center Participants
11:45	-	12:00 PM	Change for Workout	
12:00	-	12:30 PM	Workout: Resistance Training	Fitness Center HPI Coach
12:30	-	1:00 PM	Lunch	Patio
1:00	-	3:30 PM	Presentations (optional) or Review	Training Center Participants
3:30	-	4:15 PM	Facilitator Training Mission - Action Planning	Training Center HPI Coach
4:15	-	4:30 PM	Closing	Training Center HPI Coach

