Luca Piazza MSc Running Injuries Management

Dag 1

* 09:00 - 09:05: Introduction
* 09:05 - 10:45: Module 1 (Biomechanics, Running Kinematics, Pathologies, Overuse Injuries, Training Load Management
* 10:45 - 11:00: Break
* 11:00 - 13:00: Module 2 (Global Indicators For Injury, Impact Of Stretching, Warm Up, Dynamic Mobility)
* 13:00 - 14:00: Lunch
* 14:00 - 15:15: Module 3 (Injury Prevention)
* 15:15 - 15:30: Break
* 15:30 - 17:00: Module 4 (Strength Training & Clinical Strength Assessment, Plyometrics And Dynamic Core Stability)

Dag 2

* 09:00 - 10:45: Module 5 (Core Strength Training, When to Stop & Re – Starting Running?, The Running Readiness Scale and Return To Running)
* 10:45 - 11:00: Break
* 11:00 - 13:00: Module 6 (Kinematics And Pathology, Footwear Choice, Running Injuries: Definition And Clinical Presentation)
* 13:00 - 14:00: Lunch
* 14:00 - 15:15: Module 7 (Running Video Analysis, Running Retraining Interventions)
* 15:15 - 15:30: Break
* 15:30 - 17:00: Module 8 (Common Altered Patterns And Pathology, Pathology Progression Protocols, Starting “The Running Clinic”)