

<b>4-Day</b>	
<b>Day 1:</b>	
<b>Time</b>	<b>Subject</b>
8:00am	4 day
8:30am	PSS History/Culture
9:30am	Sessions Structure:Peewee,Gametime
	JS, TP, Elite, PEAK, PT , PM4 Team
10:30am	ADW Theory
11:00am	ADW Hands On
12:00-1:00pm	LUNCH
1:00	Basic A&P, Fascia, Bio Mechanics of Speed
2:00-4:00pm	Acceleration Theory/Hands on
<b>Day 2:</b>	
8:00am	Review
8:30am	The Basics of Running Mechanics
9:30am	The Basics of Max Speed
11:30am	LUNCH
12:30	The Basics of Multi Directional Theory/hands on
2:15-4:00pm	PSS Evaluation
<b>Day 3</b>	
8:00am	Review
8:30am	Strength Lecture
9:30	Strength Hands on
11:00am	PM4 Team Training
12:00-1:00	LUNCH
1:00pm	Advanced Session Application
2:00pm	Advanced Strength
3:00pm	Train Heroic: Overview
<b>Day 4</b>	
8:00am	Review
8:30am	Jump Start Overview/ Gametime/Peewee
10:00:0am	Programming and Customization
11:00am	Positive Coaching
12:00	