

# Nordic Walking Instructor Training Programme

## *Day 1*

<b>Time</b>	<b>Session</b>
9 – 9.15am	Registration
9.15 – 9.30am	Welcome
9.30 – 10.15am	Introduction: History Health benefits Technique
10.15 – 11am	Nordic Walking poles: what to look for
11 – 11.15am	BREAK
11.15am – 12pm	First experience and video of technique 1
12 – 12.30pm	LUNCH
12.30 – 1pm	Video analysis of technique 1
1 – 1.45pm	Dynamic stretches
1.45 – 3.15pm	Building up technique: Steps 1 – 4 Steps 5 – 10
3.15 – 3.30pm	Video of technique 2
3.30 – 3.50pm	Return to venue
3.50 – 4.20pm	Static stretching
4.20 – 5pm	Conclusion to first day and video analysis 2  HOMEWORK

## **Day 2**

<b>Time</b>	<b>Session</b>
9 – 9.45am	Exercising safely: Medical questionnaires Intensity assessment Route planning and considerations
9.45 – 9.50am	Preparation for teaching in morning session
9.45 – 10am	Dynamic stretches
10 – 11.15am	Teaching technique: Observing movement and spotting faults Movement correction and skill development drills
11.15am – 12.20pm	Increasing the intensity
12.20 – 12.45pm	Final personal practice and video of technique 3
12.45 – 1pm	Static stretches
1 – 1.45pm	LUNCH
1.45 – 2.15pm	Session breakdown and assessment preparation
2.15 – 3.30pm	Assessment
3.30 – 3.45pm	BREAK
3.45 – 4.30pm	Marketing & Business Issues
4.30 – 4.45pm	Video analysis 3
4.45 – 5pm	CERTIFICATION