

PROGRAM PLANNING FOR TRACK & FIELD ATHLETES

with Les Gramantik

lesgramantik.com

@ The Saskatoon Fieldhouse



Les Gramantik is a former international pole vaulter and elite athlete who has coached over 50 Canadian National Champions and medalists in a variety of speed and power events to go along with being selected to coach with the Canadian National team in various roles. He is a leader of developing education programs, writing the Competition Development curriculum for athletics, and a key member among a group of experts in developing the Long Term Athlete Development model for Athletics Canada. For more information on Les, please visit his website -

lesgramantik.com

Saturday, November 2nd - Sunday, November 3rd

Saturday --> 9am - 5pm

Sunday --> 12:30pm - 5pm

- Overview of program planning for all types of track and field athletes (throwers, sprinters, hurdlers, jumpers, endurance).
- Progressions of different programs for the athletes.
- Speed, power, strength, and conditioning techniques/drills for the athletes.
- Examples of workouts that Les has done with athletes in the past.
- Examples of competition day preparation techniques.



Registration Info:

Registration Fee - \$110

Registration Form can be found at:

saskathletics.ca/coach-s-corner/coaching-education-events