

**Urn timer mednarodnega seminarja**  
**HOW TO OPTIMISE TRAINING PLANNING FOR**  
**400m / 800m, STEEPLE, 5000m / 10000m and MARATHON**

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**Sreda, 26. marec 2025**

**Gimnazija Slovenj Gradec, 16:30 - 20:30**

- **INTRODUCTION DAY** - predavanje
- **THE DETERMINING FACTORS OF PERFORMANCE** - delavnica
  - 400 m / 800 m
  - XC / STEEPLE
  - 5000 m / 10.000 m
  - MARATHON
- **PLANNING OF TRAINING**
- **CONSTRUCTION OF MICROCYCLE**
- **EVALUATION OF MICROCYCLE (CHECKLIST)**
- **INTRODUCTION TO MICROCYCLE PUZZLE**

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**Četrtek, 27. marec 2025**

**Gimnazija Slovenj Gradec, 16:30 - 20:30**

- **GENERAL PHASE (INTRODUCTION)** – predavanje
- **FEATURES OF A “GOOD / BAD” MICROCYCLE (GENERAL PHASE)** – predavanje
- **PRODUCTION OF MYCROCYCLE I (GENERAL PHASE / 9 days)** - delavnica
  - 400 m / 800 m (Group 1)
  - XC / STEEPLE (Group 2)
  - 5000 m / 10.000 m (Group 3)
  - MARATHON (Group 4)
- **EVALUATION OF PRODUCED MICROCYCLE II** - delavnica
  - 400 m / 800 m (Group 2)
  - XC / STEEPLE (Group 3)
  - 5000 m / 10.000 m (Group 4)
  - MARATHON (Group 1)
- **QUESTIONS AND ANSWERS**

## Petek, 28. marec 2025

Gimnazija Slovenj Gradec, 16:30 - 20:30

- **(SPECIFIC PHASE) – (INTRODUCTION)** - predavanje
- **PRODUCTION OF MYCROCYCLE II (SPECIFIC PHASE / 6 days)** – predavanje, delavnica
  - 400 m / 800m (Group 3)
  - XC / STEEPLE (Group 4)
  - 5000 m / 10.000 m (Group 1)
  - MARATHON (Group 2)
- **EVALUATION OF PRODUCED MICROCYCLE II - WORKSHOP**
  - 400 m / 800 m (Group 2)
  - XC / STEEPLE (Group 3)
  - 5000 m / 10.000 m (Group 4)
  - MARATHON (Group 1)
- **QUESTIONS AND ANSWERS**

## Sobota, 29. marec 2025

Gimnazija Slovenj Gradec, 9:00 - 13:00

- **TAPERING PHASE - (INTRODUCTION)** - CLASSROOM
- **PRODUCTION OF MYCROCYCLE III-(TAPERING PHASE / 10 days)- WORKSHOP**
  - 400 m / 800 m (Group 1)
  - XC / STEEPLE (Group 2)
  - 5000 m / 10.000 m (Group 3)
  - MARATHON (Group 4)
- **EVALUATION OF PRODUCED MICROCYCLE III - WORKSHOP**
  - 400 m / 800 m (Group 3)
  - XC / STEEPLE (Group 4)
  - 5000 m 10.000 m (Group 1)
  - MARATHON (Group 2)
- **QUESTIONS AND ANSWERS - CLASSROOM**