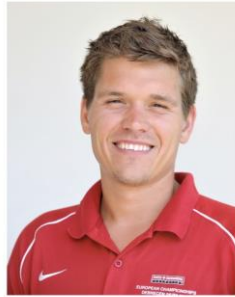


# Coaching Workshop in Riga Arpad Petrov



*Bellevue Park Hotel Riga (Slokas str. 1, Riga)*

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## Day 1

9:30 Welcome and introduction

9:45 Hungarian swimming system: past, present and possible future. Adaptation possibilities. Part 1

10:45 Coffee Break

11:00 Hungarian swimming system: past, present and possible future. Adaptation possibilities. Part 2

11:45 – 12:15 Questions, answers and discussion

12:30 Break

13:45 Season planning with Hungarian elite athletes.

15:00 Break

15.30 Practical medley swim session

***\* Please take slippers with you!***

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## Day 2

9:00 Practical input: dryland session with Latvian swimmers or the coaches together

10:45 Coffee break

11:00 What is Iron Swim? Introduction of the club.

ISL – Professional League

Questions and answers.

12:30 Break

13:45. „Quantity versus Quality” from the point of view of Katinka Hosszús development as an athlete.

Hungarian swim system

Questions and answers

15:00 Closure

***\* Please take slippers with you!***