

# Breakout Sessions

	<b>TOPIC</b>
<b>PreWeek</b>	<b>Running routine, running goal, journaling, Q/A</b> <b>Get to know each other, record data and goals</b>
<b>Week 1</b>	<b>Training plans, running sessions, equipment</b> <b>Journaling in detail</b>
<b>Week 2</b>	<b>Running technique and analysis</b> <b>Professional individual running technique analysis</b>
<b>Week 3</b>	<b>Strength and flexibility</b> <b>Measurements, performance tests</b>
<b>Week 4</b>	<b>Regeneration</b> <b>Osteopathic tools, supplements</b>
<b>Week 5</b>	<b>Training-Nutrition</b> <b>Fine Tuning, Nutrition during long runs</b>
<b>Week 6</b>	<b>Runner's High, Flow-State</b> <b>Biofeedback, Neurocoaching</b>
<b>Week 7</b>	<b>Mental Focus</b> <b>Individual race strategy</b>
<b>Week 8</b>	<b>Race-Preparations</b> <b>Individual race preparation</b>
<b>PeakWeek</b>	<b>Support, Lifestyle, Prevention</b>