

**COACHING MASTERCLASS WITH ELITE ATHLETE,  
DWAIN CHAMBERS (GBR)**

**Saturday 30 September 2023**

**Tallinn**

**10:00 – 11:30** Introduction and verbal presentation

**11:30 – 11:45** Coffee break

**11:45 – 13:15** Practical demo session

**13:15 – 14:15** Lunch

**14:15** Workshop delegates to be split into 4 working groups:

- Scenario 1 – Training a young athlete
- Scenario 2 – Training a professional athlete
- Scenario 3 – Training a master athlete
- Scenario 4 – Training a small group of 5-6 athletes

**15:40 – 16:00** Coffee break

**16:00 – 16:45** Discuss findings and lessons learnt from groups and scenarios

**16:45 – 17:15** Q&A for Dwain Chambers