



2024

WORKSHOP

POWERED BY



FIRSTBEAT

**CLICK HERE FOR
REGISTRATION**

HIGH INTENSITY INTERVALL TRAINING

1-DAY WORKSHOP

MARTIN BUCHHEIT, PHD, MSC (FRA)

MO
**18.03.
2024**

SCHEDULE AND DESCRIPTION

18.03.2024

THE POWER OF HIIT

High-Intensity Interval Training (HIIT) is not just a athletic buzzword; it's a game-changer for optimizing athletic performance. HIIT isn't one-size-fits-all—it's a versatile tool that can be strategically wielded to elevate your athletes' capabilities.

HIIT goes beyond traditional training methods, offering a potent blend of cardiovascular conditioning, strength enhancement, and metabolic efficiency. Tailored HIIT protocols can enhance speed, power, and endurance, giving your athletes a competitive edge.

Understand the physiological demands of HIIT, striking the perfect balance between intensity and recovery. As a coach, you'll empower your athletes to push their limits while minimizing the risk of burnout, ultimately cultivating resilience and peak performance.

HIIT is more than just a series of sprints. Learn the art of interval manipulation—customizing work-to-rest ratios based on your athletes' needs and sport-specific requirements. This skill allows you to fine-tune training sessions for maximum impact.

THEORY MEETS BEST PRACTICE APPLICATION

RECORDING INCLUDED

This event will be recorded and everyone with a ticket will get a **3-MONTHS ACCESS** to review the full-day workshop!

TARGET GROUP AND LEVEL: WHO SHOULD ATTEND THIS COURSE?

- ↗ Pro S&C Coaches
- ↗ Rehab- Coaches
- ↗ Sports Scientists
- ↗ Physiotherapists

You should have a decent understanding of general training modalities and methods

BENEFITS: WHY SHOULD YOU ATTEND THIS COURSE?

- ↗ Learn the fundamentals of High intensity interval training
- ↗ Get insights into the physiological responses of HIIT
- ↗ Gain knowlegde around Intervals manipulation and how to set up your workouts
- ↗ Get access to the presented material
- ↗ Review the recordings at any time afterwards
- ↗ Benefit from the experts experience, ask questions, connect to other S&C coaches and our network

ABOUT THE WORKSHOP

18.03.2024

AGENDA

MONDAY

08:00-09:00	REGISTRATION / CHECK IN
	1. THE PHYSIOLOGY OF HIIT
09:00-10:00	Why HIIT: interest and outcomes
10:00- 10:15	COFFEE BREAK
10:15- 11:15	The physiological responses to HIIT
11:15-12:45	Intervals manipulation and how to set up your workouts
12:45- 14:15	LUNCH BREAK
	2. THE APPLICATION OF HIIT
14:15- 15:45	HIIT in practices (30-15IFT and different HIIT formats)
15:45- 16:00	COFFEE BREAK
16:00- 16:45	Programming examples from different sports
16:45-17:30	Q&A

MO
18.03.2024
09:00 - 17:30

SK RAPID WIEN
ALLIANZ STADION
GERHARD-HANAPPI-
PLATZ 1, 1140 WIEN

ENGLISH
LANGUAGE

€ 279,-
TICKET PRICE

ONLY 60
TICKETS



TICKETS

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ABOUT THE SPEAKER

18.03.2024



MARTIN BUCHHEIT

SPORT SCIENTIST, PHYSIOLOGIST AND STRENGTH & CONDITIONING COACH (FRA)

With over two decades of experience in professional sports (PSG, Olympique de Lyon, Lille OSC, Aspire Academy and Consultancies including City Football Group), Martin committed to performance and medical excellence. He works full-time or freelance, collaborating with top European clubs, bridging the gap between sports science knowledge and practical application.

Author of >250 scientific papers and 2 best-selling books, he mentors practitioners and speak on high performance, leadership, and EGO management for various organizations. [\(more info here\)](#)

“

**SHARING
KNOW-
LEDGE,
DRIVEN BY
PASSION!**

”

LECTURE



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LEARN MORE ABOUT THE SPEAKER



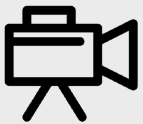
1 DAY WORKSHOP

Theory combined with practical application presented by leading experts! Take notes, ask questions, discuss problems and ideas and connect to other S&C coaches. We dive deep into a specific topic and you definitely will level up your coaching skills!



ADDITIONAL MATERIAL

After the event you will find the presentation slides and other additional materials in your account! So you don't need to copy, take pictures or videofilm the graphs and bulletpoints the speaker is presenting! You can fully focus on the workshop!



THE RECORDING

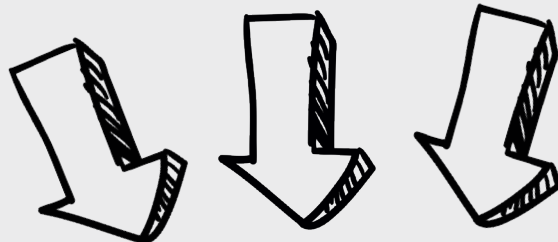
Our professional team will film everything in a high quality, cuts it and uploads the workshop snippets to your account!

As with the presentation slides you don't need to film important exercises on your own, we do that for you, so you can fully focus on learning from the expert!

**THERE IS NO WAY TO PURCHASE THE RECORDING AFTER THE EVENT!
THE ACCESS IS RESTRICTED TO THE TICKET HOLDERS!**

HOWEVER, IT DOESN'T MATTER IF YOU PARTICIPATE IN PERSON, YOU ONLY NEED A TICKET BEFORE THE EVENT STARTS!

GET YOUR [TICKET NOW](#)



WHAT YOU GET

18.03.2024



TICKETS

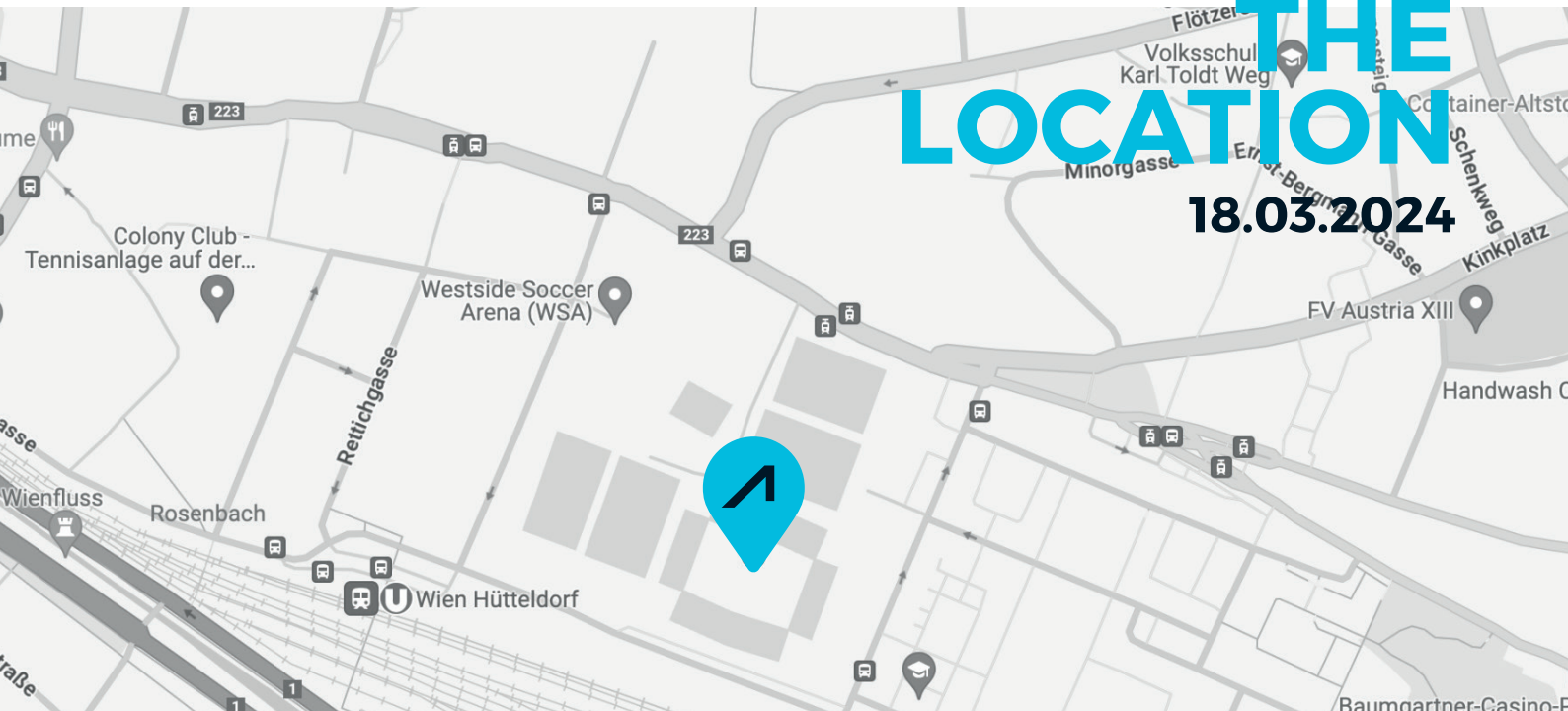
CLICK HERE FOR REGISTRATION

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ABOUT THE LOCATION

18.03.2024



**ALLIANZ STADIUM
SK RAPID WIEN**
GERHARD-HANAPPI-PLATZ 1, 1140 WIEN

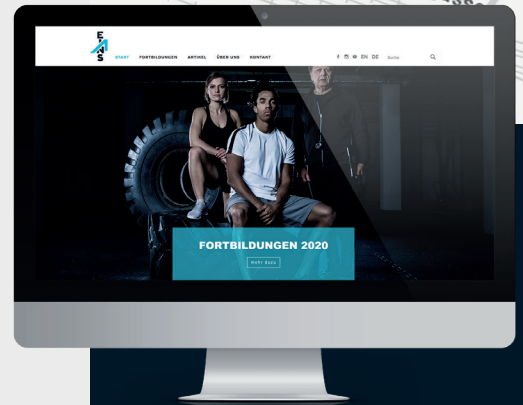


JOURNEY BY CAR

If you are travelling by car, the nearby public car garage (Park & Ride Hütteldorf) is available for an extra charge: [PARK GARAGE LINK](#)

JOURNEY BY PUBLIC TRANSPORTATION

You can reach the Allianz Stadium by public transport via Hütteldorf station (subway/S-Bahn/regional trains/Westbahn), which is a 3-minute walk away. Use the WienMobil app for more details:



**MORE INFORMATION
ON OUR
WEBSITE:**

www.eins-a-coaching.at



We are looking forward to read from you!
office@eins-a-coaching.at



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WHERE TO STAY

18.03.2024



PARTNERHOTELS



B&B HOTEL HBF ★★★★★
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LEONARDO HOTEL ★★★★★
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2024

WORKSHOP

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ONLY 60 TICKETS



GAMESPEED & AGILITY 2-DAY WORKSHOP

Corey Chapman, MS, CSCS (USA/GER)

INCL. RECORDING

SA/SO
14. -15.10
2023