



WORKSHOP SERIES

Speed for Sports

Time | Date: Monday, 5 June | 10am to 12pm

Venue: Sport Singapore Auditorium

Having great speed, strength and power in sports are the key physical attributes that separates the 'Great' from the 'Good'. In short, Speed is 'King'! In this sharing by Coach Development Grant (CDG) recipient Lim Yao Peng, who attended the ALTIS Apprentice Coach Programme late last year, you will understand the fundamental components required for speed and its application in different sports settings. Having great speed is important, however, knowing when and how to use it is crucial, i.e. the abilities for deceleration and change of direction. This workshop will cover the following sub-topics:

1. *Key components for speed*
2. *Key components for acceleration and deceleration*
3. *How to coach speed*

Mr. Lim Yao Peng



Mr Lim Yao Peng (NROC Senior Coach (Athletics)) is a former national sprinter (100m and 4 x 100m) who represented Singapore at multiple Major Games. He is also the founder of MaxForm (Speed & Strength specialists), which have impacted many athletes across various sports in the area of speed and strength.

Register here: <https://go.gov.sg/5junc ceregistration>