

| Friday 27.09 | | | | |
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| INWA Convention | | | | |
| 08.00-09.00 | Morning activities | | | |
| 09.00-09.30 | Breakfast | | | |
| 09.30 - 10.00 | Arrival of Russian participants of INWA Convention, registration | | | |
| 10.00 - 10.15 | O P E N F O R A L L | Opening (INWA & RNWA Presidents) | | |
| 10.15 - 10.55 | | INWA Presentation & NW History for Russian Nordic walkers | | |
| 10.55 - 11.00 | | Handover the first print of the new INWA instructor manual to | | |
| 11.00 - 13.00 | | INWA 10 steps is what we use for an optimal Nordic Walking technique (indoor) | 11.00-13.00 | CPD Program for NT trainers Part I (Conference Room 2 in the building 3) Marco Maas |
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| | | | 11.15 11.45 12.15 | Lecture: Why do INWA needs a new instructor manual and what is changed ? |
| | Lecture: Why are there changes in INWA 10 steps?Lecture: Walking pattern and gait analysis | | | |
| 13.00 - 14.00 | | Lunch | | |
| 14.00-15.00 | Outdoor activity: Masterclass on staticodynamic exercises with NW poles | | | |
| 15.00-16.00 | Workshops in groups | 15.00-18.30 | CPD Program for NT trainers Part II (Conference Room 2 in the building 3) Marco Maas | |
| 16.00-16.30 | Lecture: NW as a means of maintaining the therapeutic effect of high-tech rehabilitation of children with cerebral | 15.00-15.30 | CPD: Warm up and cooling down | |
| 16.30-16.45 | Coffee break | 15.30-17.30 | CDP: Teaching Nordic Walking by International Trainer and showing own skills in teaching | |
| 16.45-17.30 | Lecture: Health effects of NW for elderly | 17.30 - 18.30 | CDP: Discussion | |
| 17.30-18.00 | Discussion | | | |
| 18.00-19.00 | Social programme: Master class on | | | |
| 19.00-20.00 | Dinner | | | |
| 20.00 - ... | Drinks, social event (in the lobby of building 1) | | | |

| Saturday 28.09 | |
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| INWA Convention | |
| 08.00-09.00 | Morning activities |
| 09.00-10.00 | Breakfast |
| 10.00-18.30 | INWA Convention program, day 2 Conference room 1 |
| 10.00-11.45 | Lecture: Personal experience of participation in Nordic Walking |
| 10.45-13.00 | Lecture: INWA WC NW competition technique evaluation |
| 13.0-14.00 | Lunch |
| 14.00-14.30 | Lecture: NW in middle school and higher schools (Anastasia Shakhtorina) |
| 14.30-15.00 | Lecture: NW in higher schools for students with health problems (Lyubov Nikiforova) |
| 15.00-15.10 | Coffee break |
| 15.10-15.40 | Lecture: NW and neurology - topic TBD (Lidia Kadyrova) |
| 15.40-16.20 | Lectures: NW and osteoporosis and compression fractures of the vertebra. NW after hip replacement (Natalia Bezlyudnaya) |
| 16.20-17.00 | Lecture: NW and Body Awareness (Cristina Gonzalez Castro) |
| 17.00-17.30 | Practice: NW and Body Awareness (Cristina Gonzalez Castro) |
| 17.30-18.30 | Outdoor activities: games with NW poles (workshop) |
| 19.00 - 20.00 | Dinner |
| 20.00 - ... | Russian tea party with samovar and bubliks |
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