

INWA CONVENTION 2022 - ZAGREB

	Friday, October 7		Saturday, October 8		Sunday, October 9
08.00-09.00	Arrival and registration of participants of INWA Convention	09.00	Teaching Different types of learners <i>Marco Maas INWA - International Trainer</i>		DEPARTURE DAY
09.00	Opening INWA Convention 2022 <i>INWA President and CNWA President</i>	09.30	Ideomotor training to improve Nordic Walking skills <i>Cristina González Castro INWA National Trainer - Spain</i>	08.30-09.00	Breakfast
09.30	NW development in Croatia	10.10	How to engage 3000 older adults in Nordic Walking <i>Joan Anton Rovira Machordom and Sergi Garcia Gisbert INWA National Trainers - Spain</i>	11.00	Farewell and until next year
09.50	Education: An important instrument to promote INWA Nordic Walking <i>Marco Maas INWA – International Trainer</i>	10.30	Coffee break		
10.20	Coffee break	11.00	INWA instructor course inside the physical activity high school <i>Natalia Palacios Samper INWA National Trainer - Spain</i>		
10.40	What's new in INWA Instructor Course Manual 2022 <i>Naohiro Takahashi and Marco Maas – INWA International Trainers</i>	11.30	What do we need to promote Nordic Walking for health, fitness or sport-discussions		
12.00	Lunch	12.45	Lunch		
13.30	Lecture: Nordic Walking and health Prof. Goran Sporiš, PhD	13.30	Nordic Walking in practice		
14.00	Lecture: Measuring energy expenditure Robert Bobinec, MSc	16.15	Discussions		
14.30	Questions	17.00	End		
14.50	Coffee break	20.00	INWA All together Saturday evening dinner		
15.10	Are NW races and events important for the development of NW?				
15.40	Preparation of NW Competitions/events shorter and easier <i>Naohiro Takahashi – INWA International Trainer</i>				
16.10	PZNW presents results of NW races, World Cups, and World Championships 2022				
17.00-17.30	Discussions				