




October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Màster en Entrenament i Readaptació Esportiva	1	2 Masters Inauguration	3	4	5
7	8 Laboratory, C106 C/Císter 34 10:00-12:00 Master's presentation 12:00-14:00 SDP (Personal Development Seminar)	9	10	11	12 EL PILAR Festival
14	15 SDP 12-14 Laboratory C106	16 10:00-14:00 1.1.1. Measurement and control of velocity-based training Xavier Peña (Olympics) ICON Crossfit (Badalona)	17	18 Nexus +	19 Nexus +
21	22	23	24	25	26
28 10:00-14:00 Training workshop 1.1 with vibrating platforms Global Performance	29 10:00-14:00 1.1.1. Measurement and control of velocity-based training Dr. Bernat Buscà (VBT) North Hospital	30 10:00-14:00 1.2 Advanced strength and speed training techniques and methods Jordi Cortinas (Tennis) North Hospital	31	1 All Saints' Day	2

November 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 <b>10:00-14:00</b> 1.1.2 Advanced strength and velocity-based training techniques and methods Dr. Bernat Buscà (Plyo/sleds) North Hospital	6 <b>10:00-14:00</b> Workshop 1.1 on using My Jump Lab Apps (Dr. Balsalobre) North Hospital	7	8	
11 <b>10:00-14:00</b> 1.1 Eccentric training workshop Global Performance	12 <b>10:00-14:00</b> 1.1.3 Planning in speed and power sports Dr. Bernat Buscà Laboratory C106	13 <b>12:00h</b> Review 1.1 ONLINE	14	15	16
18 <b>10:00-14:00</b> 1.2.1 Measurement and control of training in team sports Manuel Lapuente (GPS) North Hospital	19 <b>SDP 12-14</b> Laboratory C106	20 <b>Nexus +</b>	21	22	23
25 <b>10:00-14:00</b> 1.2.2. Training methodology for team sports (basketball) Dani Moreno North Hospital	26 <b>10:00-14:00</b> 1.2 Soccer Sports Rehabilitation Workshop XXXX North Hospital	27	28	29	30




January 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 <b>Christmas holidays</b>	7	8	9	10	 Màster en Entrenament i Readaptació Esportiva
13 <b>10:00-14:00</b> 1.2.1 Measurement and control of training in team sports Angel Aceña North Hospital	14 <b>10:00-14:00</b> 1.2.3 Integration of physical preparation in preseason and during the season The dinner North Hospital	15 <b>10:00-14:00</b> 2.2.3 Importance of motor control and methods for its training Dr. Ainhoa Nieto North Hospital	16	17	18
20 <b>10:00-11:30 a.m.</b> Round table with the block teachers and exam 1.2 (12:00) ONLINE	21 SDP 10-14 On-line	22 <b>1st Delivery</b> Video Post (topics from blocks 1.1 or 1.2) DEA and BLS Course 13:00-14:00 ONLINE	23	24	25
27 <b>10:00-14:00</b> 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegón North Hospital	28 <b>HOLIDAY</b> Celebration of Saint Thomas Aquinas	29 <b>10:00-14:00</b> 2.2.4 Assessment of body misalignments and their interpretation Dr. Alberto Ortegón North Hospital	30	31	

February 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 9:00-15:00h 1.4.2 ISAK 1 (1) INEFC Barcelona	4 9:00-15:00h 1.4.2 ISAK 1 (2) INEFC Barcelona	5 9:00-15:00h 1.4.2 ISAK 1 (3) INEFC Barcelona	6	7	 Màster en Entrenament i Readaptació Esportiva
10 10:00-14:00 DEA & SVB group 1 Laboratory C106	11 SDP 10-14 Laboratory C106	12 10:00-14:00 DEA 6 SVB group 2 Laboratory C106	13	14	15
17	18	19 2nd Delivery Video Post (topics from blocks 1.4, 2.1 or 2.2) 12:00 exam 2.2	20	21	22
24 9:00-15:00h Exam ISAK 1 INEFC Barcelona	25 SDP 10-14 On-line	26 9:30-13:30h 1.4.2 Nutrition and supplementation Mireia Porta Laboratory CAFE	27	28	

March 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	 Màster en Entrenament i Readaptació Esportiva
10 Departure 8:00 a.m. APS Andorra 2.1.4 Muscle and fascial recovery methods. 1.4.1 Coaching I	11 Return 9:00 p.m. APS Andorra (Coaching and altitude training workshop) 1.4.1. Coaching II	12	13	14	15
17	18	19 Nexus +	20	21	22
24 10:00-14:00 Electro-Stimulation Workshop in sports Jordi Cortinas North Hospital	25 10:00-14:00 1.3.2 Physiological and mechanical control of performance (Guillermo Olcina) Labsport Salut	26 10:00-14:00 1.3.3 Training planning in endurance sports Guillermo Olcina / Jonathan Galan North Hospital	27	28	29

April 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	 Màster en Entrenament i Readaptació Esportiva
7 <b>10:00-12:00h</b> Round table with the block teachers and exam 1.3 <b>ONLINE</b>	8 <b>10:00-14:00</b> 2.3.2 Injury prevention programs for overhead athletes (M.Solana) <b>North Hospital</b>	9 <b>10:00-14:00</b> 2.3.4 The wrist and hand Núria Carnicero <b>North Hospital</b>	10	11	12
14 Easter	15 Easter	16 Easter	17 Easter	18 Easter	19 Easter
21 Easter	22 Delivery part 1 and 2 of the Planning/RTP Work <b>SCALA</b>	23	24 <b>Nexus +</b>	25	26
28 <b>10:00-14:00</b> 2.4.1 Strategies for measuring spinal motor control and their interpretation 2.4.3 Prevention and readaptation of trunk injuries (Dr. Ortegón) <b>North Hospital</b>	29 <b>10:00-14:00</b> 2.4.2 Types of injuries, monitoring and identification of risk factors for trunk and pelvic injury (Dr. Solana-Tramunt) <b>North Hospital</b>	30			

May 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1</b> Festive	2	 Màster en Entrenament i Readaptació Esportiva
5	6 <b>10:00-13:00</b> 2.5.1 Exercise readaptation programs after tendinopathies Dr. Anthony Morral CAFE Laboratory	7 <b>10:00-13:00</b> 2.5.1 Exercise readaptation programs after tendinopathies Dr. Anthony Morral CAFE Laboratory	8	9 Ascension to Montserrat	10
12 <b>CSCS Training NSCA (10.00h) ONLINE Certified Strength and Conditioning Specialists - CSCS®</b>	<b>13</b> Nexus + Delivery 3 work Planning/ RTP SCALA	14 <b>10:00-12:00h</b> Round table with the block teachers and exam 2.3 and 2.4 ONLINE	15	16	17
19	20 <b>10:00-14:00</b> 2.5.3 Prevention and readaptation of LS injuries in basketball Dr. Azahara Fort North Hospital	21 <b>10:00-14:00</b> 2.5.2 Strategies for measuring motor control of the LS in football Dr. Alexander Badiola North Hospital	22 <b>10:00-14:00</b> 2.5.3 Prevention and readaptation of LS injuries to sport Martin Rueda CAR	23	24
26 <b>10:00-14:00</b> Applied Statistics Workshop Dr. José Morales Computer Room B002	27 <b>Virtual 10-12h</b> TFM Interviews	28 <b>3rd Delivery Video Post (topics of blocks 1.3 2.3, 2.4, 2.5) Review 2.5 ONLINE</b>	29	30	31



June 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 Màster en Entrenament i Readaptació Esportiva
2 Virtual 10-12h TFM Interviews	3 Virtual 10-12h TFM Interviews	4 Virtual 10-12h TFM Interviews	5	6	7
9 Easter Granada Holidaysin	10 TFM Delivery	11	12	13	14
16 TFM fenders 1st call	17 TFM fenders 1st call	18	19	20	21
23	24	25	26		

September 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Màster en Entrenament i Readaptació Esportiva					
1	2 TFM delivery 2nd call	3	4	5	6
8 TFM defenses 2nd call	9	10	11 Day Festive	12	13
15	16	17	18	19	20
22	23	25 Festive Goods	26	27	