



# INTERNATIONAL SYMPOSIUM ON SPORTS SPECIFIC STRENGTH & CONDITIONING – 2026 (WITH EXCLUSIVE WORKSHOP ON SPRINTS & JUMPS)

## DATES

26<sup>th</sup> February to 1<sup>st</sup> March -2026



## ORGANIZED BY

Sports Authority of India

Lakshmibai National College of Physical Education,  
(under the auspices of Ministry of Youth Affairs & Sports, GOI)

In collaboration with  
Athletics Federation of India

## VENUES

LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION,  
THIRUVANANTHAPURAM, KERALA

&

“O” BY TAMARA  
THIRUVANANTHAPURAM, KERALA



# OVERVIEW

In modern competitive sport, sports-specific strength and conditioning play a pivotal role in maximizing athletic performance and sustaining excellence. Unlike general fitness training, these programmes are carefully designed to address the unique physiological, biomechanical, and technical demands of each sports. They enable athletes to develop optimal levels of strength, power, speed, agility, endurance, flexibility, and mobility, which are essential for high-level performance. By focusing on sport specific movement patterns, these programmes improve technical execution and competition readiness. Thus sports-specific enhanced performance, athlete resilience, performance consistency, and career longevity, making it an integral and indispensable ingredient for high performance and long term athletic development in modern elite sport.

## ABOUT US -LNCPE

The LNCPE, situated at Kariavattom in Thiruvananthapuram, Kerala, was established in 1985. It is administered by the Sports Authority of India (SAI) with the support and guidance of the Ministry of Youth Affairs and Sports (MYAS), Government of India. This institution is engaged in conducting various undergraduate (UG), postgraduate (PG), and doctoral programmes in Physical Education and Sports, along with diploma courses in allied subjects. Blessed with state-of-the-art infrastructure and supported by expert, dedicated, and highly qualified academic faculty for teaching and training in Physical Education and Sports, LNCPE has earned the reputation as a beacon of excellence and is one of the most preferred choices for aspirants seeking higher studies in these disciplines. Therefore, it is always our endeavour to keep pace with the latest global trends in the fields of Physical Education and Sports. The present initiative of organizing the International Symposium on Sports Specific Strength and Conditioning is part of this effort to remain abreast of the latest developments emerging in these fields.

## OUR PARTNER -ATHLETICS FEDERATION OF INDIA

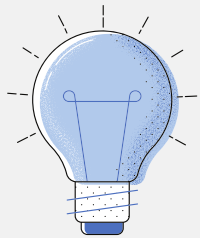
The Athletics Federation of India (AFI) is the apex body responsible for the administration, promotion, and technical management of athletics in India. AFI, along with its state-level and institutional units, governs track and field, road running, and race walking disciplines across the country.

It is affiliated with World Athletics (IAAF) and other international sister organisations. AFI is responsible for the identification of elite athletes to represent India in various international athletic competitions, conducting national coaching camps, and ensuring their participation in international athletic meets.



**THEME:**  
**"IMPROVING ATHLETIC PERFORMANCE WITH  
SPORTS SPECIFIC STRENGTH AND CONDITIONING"**

## OBJECTIVES OF SYMPOSIUM



- To bring together experts, coaches, and researchers working in speed-power sports .
- To share modern, science-based training methods for sprints &jumps.
- To provide practical, hands-on coaching sessions led by experienced national and international experts.
- To enhance understanding of training load management, injury prevention, and performance testing.
- To encourage collaboration among coaches, sports scientists, and researchers.
- To enable participants to plan, implement, and manage effective high-performance training programs aligned with current international best practices.



## Resource Persons



**Prof .Carlo A. Buzzichelli**, He is the founder of the International Strength and Conditioning Institute (ISCI), Italy, and a former member of the President's Advisory Council of the International Sport Science Association (ISSA), USA

**Mr.Rosario Pio Condello**, Biomechanical Analyst & Performance Consultant, Currently working with Vires Performance (Milan), providing advanced movement analysis, sprint mechanics assessment, and data-driven performance testing to support athletes and coaches.



**Mr.Matteo Comi**, Sport Scientist | Sports Biomechanist | Strength & Conditioning Coach  
Matteo Comi is an applied sport scientist and sports biomechanist with over a decade of experience in sprint and jump biomechanics, strength & conditioning, and performance analysis across youth, elite, and professional sport settings.

**FOR REGISTRATION**



<https://forms.gle/kEzCsesqgWTt4E228>



# PROGRAM OVERVIEW

Time	Day1	Sessions	Topics
10:00AM-11:00AM	1 <sup>st</sup> session		Inaugural Ceremony
		CoffeeBreak	
11:00AM-1:00PM	2 <sup>nd</sup> session	Theory	Methodological Concepts of Periodization of Training:
		Lunch	
2:30PM-4:00PM	3 <sup>rd</sup> session	Theory	The Virtuous Cycle of Performance Training-Monitoring of the Internal Load
		CoffeeBreak	
4:15PM-5:30PM	4 <sup>th</sup> session	Practical's	Designing the Annual Plan

Time	Day2	Sessions	Topics
10:00AM-11:00AM	1 <sup>st</sup> session	Theory	Periodization of strength-I
		CoffeeBreak	
11:00AM-1:00PM	2 <sup>nd</sup> session	Theory	Collecting Biomechanical Data of Sprinters and Jumpers
		Lunch	
2:30PM-4:00PM	3 <sup>rd</sup> session	Theory	The Interpretation of Biomechanical Data
		CoffeeBreak	
4:15PM-5:30PM	4 <sup>th</sup> session	Practical's	Strength Training Methods-Velocity Based Training

Time	Day3	Sessions	Topics
10:00AM-11:00AM	1 <sup>st</sup> session	Theory	Periodization of Strength-II
		CoffeeBreak	
11:00AM-1:00PM	2 <sup>nd</sup> session	Theory	Periodization of Strength-II
		Lunch	
2:30PM-4:00PM	3 <sup>rd</sup> session	Theory	The correct technique of execution for the Deadlift, Kettlebell Swing, Speed Bench, Power Deadlift, and Low Pull
		CoffeeBreak	
4:15PM-5:30PM	4 <sup>th</sup> session	Practical's	Same as above

Time	Day4	Sessions	Topics
10:00AM-11:00AM	1 <sup>st</sup> session	Theory	Energy systems: Exercise physiology and Methodology of training . Periodization of speed training
		CoffeeBreak	
11:00AM-1:00PM	2 <sup>nd</sup> session	Theory	Designing the Annual Plan with speed and endurance periodization
		Lunch	
2:30PM-4:00PM	3 <sup>rd</sup> session	Practical's	warming up for sprinters
		CoffeeBreak	
4:15PM-5:30PM	4 <sup>th</sup> session		Closing ceremony

Expected Participants:

Strength & conditioning coaches, Physical Education professionals, High performance coaches Athletes, Fitness professionals & Research scholars

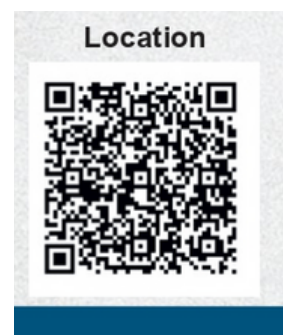
## REGISTRATION DETAILS :

**REGISTRATION CATEGORIES: (STUDENT / COACH / FACULTY / INTERNATIONAL DELEGATE)**

**HOW TO REGISTER (QR CODE / LINK)**

**REGISTRATION FEE : RS. 5000/-**

**REGISTRATION STARTS ON : 29 JANUARY 2026**





# Organizing committee

## Patron –in –Chief

Dr. Mansukh Mandaviya,  
Hon'ble Minister,  
Youth Affairs & Sports, Govt. of India

## Patron

Smt. Raksha Nikhil Khadse,  
Hon'ble Minister of State,  
Youth Affairs & Sports Govt. of India

## Co-Patron

Shri Hari Ranjan Rao, IAS  
Secretary(Sports) & Director General, SAI

## Chair

Dr. Pradip Dutta,  
Principal I/C,  
SAI LNCPE

## Co-Chair

Dr. Sadanandan C S, Associate Professor  
Dr. Lamlun Buhril, Associate Professor & I/C Academics

## Organizing Secretary

Dr Sanjeev S. Patil, Assistant Professor

## Joint Organizing Secretaries

Miss. Lt. Lovey Debora Cruz, Associate Professor  
Dr. Ashutosh Acharya, Assistant Professor,  
Dr. Sanjay Kumar Prajapati, Assistant Professor,  
Dr Sudheesh C S, Assistant Professor  
Dr. Narendra Gangwar, Assistant Professor

## Technical Advisory Support

Athletics Federation Of India

Mr. Radha Krishnan Nair P, Dronacharya Awardee, Chief Coach of Indian National Athletics Team

## Technical Committee members

Sprints & Jumps	
Dr. Ashutosh Acharya , Assistant Professor	Mr. Nishad Kumar N V, Guest faculty
Dr.Wazir Singh, HPD Athletics	Mr. Joy Joseph, Guest faculty
Mr.Rajmohan, Deputy Chief Coach, SAI LNCPE	Mr.Abhiram KP, Guest Faculty
Mr.Seenivasan, HPC	

# Organising Committee Members

Dr. Sarath Chandra Yadav, Regional Head, RC Trivandrum	Mr. Santhosh (LDC)
Mrs.Varsha Sable DD SAI RC Trivandrum	Mr. Ranganathan (LDC)
Mrs.Sisymol S O	Mr .Sree kumar consultant
Mr. Arun C K S O	Mr. Saleem Consultant
Dr. Ajay Sharma MO	Mr. Jijo Joy Mathews JC
Prof.Wilfred Vaz Guest faculty	Mr. Suvin Samuel YP
Mr. Vijaya Kumar, Guest faculty	Ms. Nimmy, DEO
Mr. Madhukumar, Guest faculty	Ms. Saritha JA
Mrs.PoojaKumari, Guest faculty	Ms. Suma DEO
Mr. G Bharathi, Guest faculty	Ms. Chitra, Clerk
Mrs.Sheela K Guest faculty	Ms. Danya, Clerk
Mr.Jishnu B,Kalari Guest faculty	Mrs. Jyothi L, Clerk
Ms.Ajini Johnson Guest faculty	Mr. Santosh, JC
Mr.Allen James Guest faculty	Mr. Rithin Chandralal, YP
Mr.Asok M D Guest faculty	Mr. Anoop, JC
Mrs.Nigma Muhammed Guest faculty	Mr. Rony, YP
Mrs. Manju UG Guest faculty	Ms. Ahila, YP
Mr.Sunny M Sawant Guest faculty	Mr. Rajesh Nair, Mess Supervisor
Ms.Akhila K.K Guest faculty	Ms. Gowri, MTS
Mr.Jestin AJ Guest faculty	Mr. Sunil, AttenderMr.
Mr.Vikas Sarkar Guest faculty	Mr.Hari, Security Guard
Mr.A . Uday Praksah Guest faculty	Mr. Prakash, Plant Operator
Mr. Binoy, Assist. Librarian	Mr.Shreekantan Attender
Mr. Prashant, JHT	Mr. Jayaprakash, Attender

# PLACES TO VISIT IN THIRUVANANTHAPURAM



Padmanabhaswamy temple



Jatayu



Napier Museum



Kovalam Beach



Poovar Island



Veli Beach





# NEAR BY STAY OPTIONS

"O" by Tamara	NH Bypass, Venpalavattom, Anayara, Trivandrum Email: <a href="mailto:reservations@obytamara.com">reservations@obytamara.com</a> Phone: +91 80 6555 1111
Hotel Karthika Park	Kazhakuttam, Thiruvananthapuram, email: <a href="mailto:info@hotelkarthikapark.com">info@hotelkarthikapark.com</a> Phone: 0471-2553636, 0471 6663636, +91 8137033636
Ginger	Nh 47, Kazhakkootam, Thiruvananthapuram, Kerala 695581 Ph: 0471 666 3333
Mourin Plaza	Near softincubator road karyavattom Ph.8089633670
Anby plaza	Near Engineering College Chavadimuku Ph.8089633670
BS Plaza	Near Engineering College Chavadimuku Ph.8089633670



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International symposium	Dr Sanjeev S Patil : 7994607910
Accommodation	Mr. Nishad Kumar N V: 8921827040
Transportation	Mr. Vijay kumar : 8281639024

**Lakshmibai National College of Physical Education,  
(under the auspices of Ministry of Youth Affairs & Sports, GOI, New Delhi)  
Kariavattam PO Thiruvananthapuram.  
Tel: 914712418712**