

# Certificate – Todistus

Hereby we certify that – Täten todistamme

## Miroslav Mira

has participated Nordic Walking Master Trainer education program in Finland

Suomen Latu is the Central Association of Recreational Sports.  
Suomen Latu is also the Central Association of Nordic Walking in Finland.

## Kouluttaja – Master Trainer

**The Master Trainer education program included – koulutuksen sisältö (50 h):**

### 1. Walking – Kävely liikuntamuotona

- Walking for health
- Walking technique and instructing it
- Walking as fitness training
- Walking and calory expenture

### 2. Nordic Walking – Sauvakävely

- History of Nordic Walking
- Known scientific facts about Nordic Walking
- Muscles used during Nordic Walking
- Structure and choice of walking poles
- Nordic Walking equipments

### 3. Training with poles – Sauvailutasot

- Nordic Walking technique
- Different levels and target groups
- Warming up using poles
- Stretching and cool down exercises

### 4. Types of training in – Harjoittelutasot

- Basic endurance training
- Pace endurance training
- Maximum endurance training
- Suppleness and speed work
- Power training
- Training programmes

### 5. Special training – Harjoitusmallit

- Running with poles
- Power hill training
- Pyramid sessions and pyramid intervals

### 6. Fun with poles – Sauvaleikit ja ohjelmat

### 7. Organizing skills of Nordic Walking events, courses, groups and products

- safety plans
- planning and advertising
- Master Trainer skills

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Sirpa Arvonen

Nordic Walking Master Trainer

