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## UIPM CONDUCTS COACHES COURSE IN DOMINICAN REPUBLIC



From October 24th to 28th UIPM conducted in Santo Domingo a Level 1 Coaches Course. The Dominican Republic Modern Pentathlon Federation hosted the classes with 18 coaches from different parts of the country at the Olympic National Training Center. Alexandre França, member of the UIPM Instructors Group, lectured the following topics: exercise physiology, training planification and periodization.