

Entry Frame Running Coaching Course

July 5-8, 2026

Photo: Kirsten Obdrup



**Frame Running Development Camp
& World International Cup**

• July 5-12, 2026 • Bagsværd / Denmark

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Frame Running Coaching Course 2026

Frame Running Denmark is delighted to, once again, facilitate a course for new Frame Running coaches during the 29th *Frame Running Development Camp & World International Cup 2026*.

Through an exciting combination of theory, practice, and interactive coaching, participants will gain new tools and ideas to create motivating and developmental training sessions.

The course provides fresh knowledge of Frame Running and plenty of inspiration on how, as a coach, you can enhance joy, strengthen community, and raise the overall quality of grassroots sport.

The instructors of the course are the experienced coaches of the Danish National Frame Running Team, sharing their proven training methods while guiding participants through theoretical insights as well as practical exercises (for an overview of course content, QR-code and link to online registration, see the next page).

The coaching course is taught entirely in English. To get the most out of the course it is therefore important that you understand English.

There must be a minimum of 5 participants for the course to be completed.

Note: The coaching course will begin with a theory session on July 5, 2026, at 10:00 AM.

Venue:

Bagsværd School & Bagsværd Stadium:
Bagsværd Hovedgade 60,
DK-2880 Bagsværd.

Option 1 - Coaching Course

Course participation from Sunday July 5 to Wednesday July 8, **without** accommodation

DKK 2.600,00 per person

Option 2 - Coaching Course

Course participation from Sunday July 5 to Wednesday July 8, accommodation at Bagsværd School

DKK 2.800,00 per person

Option 3 - Coaching Course & Cup

Course participation from Sunday July 5 to Saturday July 12, **without** accommodation

DKK 3.400,00 per person

Option 4 - Coaching Course & Cup

Course participation from Sunday July 5 to Saturday July 12, **with** accommodation at Bagsværd School

DKK 4.800,00 per person

Option 5 - Coaching Course

If you are already registered as staff/personal assistant at the Cup, you can join the course for only **500 DKK**. Otherwise, the standard prices apply (see option 1-4). Please note that full participation in the course is required - combining this with staff/personal assistant duties may pose a challenge.





COURSE CONTENT

This is an overview of the topics you, as a course participant, can expect to cover. The final schedule and specific program topics will be available approximately one month before the course begins. Practical on-track training will be an integral part throughout the entire course.

- Theoretical Introduction to the Frame Runner
- Functional Impairments That Can Participate in Frame Running
- Benefits and Impact of Frame Running
- Latest Research and Knowledge on Frame Running
- Recap and Group Discussions
- Preparation for Training
 - Exercise Options
 - Training Methods Used by Coaches
 - Coaching Dialogue and Sparring
- Training Principles
- Practical On-Track Training
- Training Program Development
 - Structure, Season Planning, Goal Setting
- Practical Exercise: Creating Your Own Training Program
 - Sparring and Knowledge Sharing
- Course Conclusion and Evaluation

Terms of participation

As the course requires full focus, we encourage you not to take on any other roles (e.g. as Personal assistant) during the coaching course days.

Note: The coaching course will begin with a theory session on *July 5, 2026, at 10:00 AM*. For the best possible outcome of the course, it is therefore important that all participants attend this

[Link to online registration](#)

