

# CMAS WORLD FINSWIMMING TRAINERS CONGRESS

LECTURER



**Elena Argunova**

## **SUBJECT:**

**A.** Training process in women at distances of 100 & 200m. surface.

## **Education and Professional Experience:**

- Yaroslavl State Pedagogical University, degree in physical education.
- Russian Olympic University degree in sports education
- As an athlete she was Honored Master of Sports of Russia, multiple European champion and record holder, World Games champion.
- Honored Coach of Sports of Russia, the best coach of Russia 2018.
- Her athletes have won a lot of gold, silver and bronze medals in the Junior and Senior World and European championships, World Cups and World Games.
- Ekaterina Mikhailushkina is the world record holder for 100 m SF - 38,06

