Science & Triathlon 2015

Peaking for Rio, preparing for Tokyo... and beyond

Thursday 26th and Friday 27th of November 2015 at INSEP (FRANCE)

Day 1: Thursday 26 November 2015

8h15 – 8h50 (35’): Welcome to the participants – Conference registration

8h50 – 9h00 (10’): Opening speech by Jean-Pierre De Vincenzi (INSEP / FRA)

9h00 – 9h10 (10’): Opening speech by Marisol Casado (ITU / ESP)

9h10 – 9h20 (10’): Introduction – Program presentation by Christophe Hausswirth (INSEP / FRA)

STRENGTH TRAINING FOR TRIATHLON PERFORMANCE (Chairman: Yann Le Meur)

9h20 – 11h00

9h20 – 9h50 (30’): Darren Smith (AUS) - The mysterious case of strength within triathlon

9h50 – 10h25 (35’): Inigo Mujika (ESP) - Scientific bases of strength training for endurance performance

10h25 – 11h00 (35’): Keith Baar (USA) - Nutrition to optimize strength training adaptations

11h00 – 11h45: Coffee break

Training Load: How much is enough? (Part I) (Chairman: Paul Laursen)

11h45 – 12h55

11h45 – 12h20 (35’): Dr. Margo Mountjoy (CAN) - Relative Energy Deficiency in Sport

12h20 – 12h55 (35’): Sergio Migliorini (ITA) - Stress fracture of the lower limbs in athletes

13h00 – 14h30: Lunch
Training Load: How much is enough? (Part II) (Chairman: Paul Laursen)

14h30 – 17h55

14h30 – 15h00 (30’): **Sergio Santos (POR)** - Training Load in Olympic Triathlon: Trying to understand individual needs

15h00 – 16h10: Coffee break and poster presentation

16h10 – 16h45 (35’): **Jamie Stanley (AUS)** - Training Monitoring in Elite Triathletes

16h45 – 17h20 (35’): **Yann Le Meur (FRA)** - Functional overreaching: the key to peak performance during the taper?

17h20 – 17h55 (35’): **Romuald Lepers (FRA)** - Mental fatigue and performance in triathlon

17h55 – 18h05 (10’) – Day closing speech and explanations about Gala Dinner

19h30: Gala Dinner

Day 2: Friday 27 November 2015

8h00 – 8h30 (30‘): Welcome to the participants – Conference registration

HOW TO STAY CONSISTENT DURING A CAREER? (Chairman: Iñigo Mujika)

8h30 – 9h00

8h30 – 9h00 (30’): Consistency over three Olympic Games: A case study on Simon Withlfield by Joel Fillol (CAN)

WHICH ORGANIZATION FOR HIGH LEVEL PERFORMANCE? (Chairman: Iñigo Mujika)

9h00 – 12h00
9h00 – 9h30 (30’): **Benjamin Maze and Frank Bignet (FRA)** - Accompany singularity in a federal project of performance – Case of the French Triathlon Federation

9h30 – 10h30: Coffee break and poster presentation

10h30 – 12h00 (90’): Round table animated by **Iñigo Mujika** with:

**Sergio Santos, Darren Smith, Jamie Turner, Joel Fillol** and **Frank Bignet**.

12h00 – 13h30: Lunch

**Nutrition Strategies for Triathlon Training & Performance** (Chairman: Christophe Hausswirth)

13h30 – 14h00

13h30 – 14h00 (30’): **Kevin Curell (GBR)** - Unleash the Power of food to improve triathlon performance

**Paratriathlon** (chairman: Marisol Casado)

14h00 – 15h20

14h00 – 14h20 (20’): The route of **Yannick Bourseaux (FRA)**

14h20 – 14h50 (30’): **Eric Angstadt (ITU)** – Paratriathlon classification system

14h50 – 15h20 (30’): **Iñigo Mujika (ESP)** - Physiology and training of a World Champion paratriathlete

**Training and competing in extreme conditions** (Chairman: Sergio Migliorini)

15h20 – 17h40

15h20 – 15h50 (30’): **Yannick Guézennec (FRA)** - Motivation and methods for altitude training in triathletes

15h50 – 16h20 (30’): **Mike Tipton (GBR)** - Lower water temperature research FINA/IOC/ITU
16h20–16h40 (20’): Coffee break

16h40 – 17h10 (30’): Christophe Hausswirth (FRA) - Does heat training camp influence performance in temperate environment?

17h10 – 17h40 (30’): Paul Laursen (NZL) - Keeping your cool in extreme conditions: strategies to maximise performance

Closing ceremony and closing speech

17h40 – 17h50 (10’) – ITU Award

17h50 – 18h00 (10’) – Closing speech