

High Performance Webinar Series 2020

Programme

Date	Time*	Title	Lecturer
9 October 2020	13:00 – 14:00	Developing young athletes: Physiological considerations and realistic career progressions.	Marco CARDINALE
16 October 2020	13:00 – 14:00	Elite athlete health and performance in the heat.	Sebastien RACINAIS
23 October 2020	13:00 – 14:00	Modern running shoes and the evolution of performance.	Stéphane BERMON
30 October 2020	13:00 – 14:00	A practical approach to managing patellar tendinopathy in the elite jumping athlete. Does one size fit all?	Daniel SILVAN
13 November 2020	14:00 – 15:00	Resistance training for middle-distance running: Novel methodological perspectives.	Carlos BALSALOBRE-FERNANDEZ
20 November 2020	13:00 – 14:00	Training intensity distribution analysis by a race-pace based approach: Lessons from a world-class training group.	Jordan SANTOS-CONCEJERO
4 December 2020	13:00 – 14:00	Using research to inform applied nutrition practice in Athletics.	Sophie KILLER
11 December 2020	13:00 – 14:00	Strength training for endurance runners: From physiology to personal bests.	Richard BLAGROVE

*All the above hours are Swiss Time.