



## Winter 2010/11 Workshop Programme

### Applied Physiology Support to the High Performance Athlete: Perspectives from Athletics, Cycling, Canoeing and Rowing

Saturday 20 November 2010, 10am – 4pm

English Institute of Sport, EIS Performance Centre, Loughborough University, Epinal Way,  
Loughborough, Leicestershire, LE11 3TU

#### Programme Outline

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9.00-9.30	Arrival and refreshments (Gymnastics Seminar Room, EIS Performance Centre)
9.30-10.00	Welcome and introduction
	<b>Philosophy and outline of physiological support</b>
<b>10.00-11.00</b>	(4x 15 min presentations from each of the speakers on running, cycling, canoeing and rowing)
11.00-11.30	<i>Break out –the big issues</i>
	<b>Event demands and event quantification</b>
<b>11.30-12.30</b>	(4x 15 min presentations from each of the speakers on running, cycling, canoeing and rowing)
12.30-1.15	Lunch
	<b>Integration and delivery to the coach and athlete</b>
<b>1.15-2.15</b>	(4x 15 min presentations from each of the speakers on running, cycling, canoeing and rowing)
2.15-2.45	Break and discussion –day-to-day solutions
	<b>Future directions in physiological support</b>
<b>2.45-3.30</b>	(4x 10 min presentations from each of the speakers on running, cycling, canoeing and rowing)
3.30–4.00	Final thoughts, close, workshop evaluation and certificate distribution
4.00	Depart

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Please return your badge as it can be re-used. Thank you.