



Summer Workshop Programme 2010

Critical Power and Endurance Training

Wednesday 24 March, 9.30am – 4.15 pm

University of Brighton

09.30 -10.00	Arrival and refreshments
10.00 -10.20	Welcome, introduction and scene setting
10.20 - 10.50	Key note and demonstration Critical Power and human endurance Dr Helen Carter
10.50 - 11.20	Key note and demonstration Methodological considerations Dr Jeanne Dekerle
11.20 - 11.40	Break – Walk from Hillbrow building to Welkin lab
11.40 - 12.00	Practicals – Parallel Sessions Practical 1– Design a protocol to estimate an individual's critical power [Accuracy of the determination]
12.00 – 12.20	Practical 3– A critical Power trial [Data collection and reliability of the measure]
12.20 – 12.40	Practical 2– Estimation of an individual's critical power/velocity [Data analysis]
12.40 - 1.30	Lunch – Walk from Welkin lab to Hillbrow building
1.30 - 1.45	So What Have We Got? Practical applications of the critical power concept Presenter TBC
1.45 – 2.30	Parallel sessions: Key studies 1 and 2 Monitoring training / Prediction of performance Dr Helen Carter and Dr Jeanne Dekerle
2.30 – 3.00	Break
2.30 - 3.15	Parallel sessions: Key studies 3 and 4 Pacing Strategies / Determination of Training Zones Dr. Helen Carter and Dr. Jeanne Dekerle
3.15 - 4.00	Q & A round table
4.00 – 4.15	Workshop evaluation and certificate distribution Thanks and depart.



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