

SCHEDULE

JUNE 13-14, 2020



OPEN EVENT, June - 10

Bonus Lecture for the First Call Registration



4pm-5pm

Asker Jeukendrup

The science and non-science
in sports nutrition

SATURDAY, June - 13, 9am - 7pm



8:45-9:00am

Brunno Falcão | Asker Jeukendrup

About WE



9:00-10:00am

Kevin Tipton

5 rules to gain muscle mass



10:00-11:00am

Brad Schoenfeld

Muscle building across the lifespan



12:00pm-1:00pm

Iñigo Mujika

Training periodisation in endurance sports



1:00-2:00pm

Trent Stellingwerff

Periodisation of nutrition in endurance sports



5:00-6:00pm

Louise Burke

What's the fat on high fat diets for endurance performance?



6:00-7:00pm

Shona Halson

5 rules to sleep

SUNDAY, June - 14, 9am - 5pm



9:00-10:00am
Ina Garthe
Weight management in athletes



10:00-11:00am
Andrew Bosch
Optimising glycogen loading; optimising performance



12:00am-1:00pm
Anni Vanhatalo
Dietary nitrate and exercise performance



1:00-2:00pm
Asker Jeukendrup
Race nutrition planning



3:00-4:00pm
Francis Holway
Advantages and disadvantages of eating plant based



4:00-5:00pm
Keith Baar
Nutrition for injuries



5:00-5:15pm
Brunno Falcão | Asker Jeukendrup
What's next?

