## 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

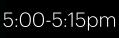
Advantages and disadvantages of eating plant based



4:00-5:00pm

Keith Baar

**Nutrition for injuries** 



Brunno Falcão | Asker Jeukendrup

What's next?







