

## **FOCUS ON PERFORMANCE AND SCIENCE FOR COACHES AND ATHLETES**

Venue: European Athletics' Online Events platform

Dates: 7 to 11 June 2021

Registration link: [CLICK HERE](#)

### **Introduction**

The High Performance Webinar Series had great success during this special year, and we will seize this opportunity to provide all the participants with a special online event this summer.

The High Performance Online Week 2021 targets all professionals working to deliver high performance in athletics, whether indirectly by managing a structure responsible for performance inside of a sporting organization or directly by training elite athletes. The objective of such an event is to provide an opportunity to performance specialists to network virtually, to learn and to question their practices. Whereas theory and practice sometimes find themselves into conflict, the aim of the present conference is to reconcile both complementary views to serve the achievement of high performance in athletics.

Scientific support is an important aspect of high performance athletics and encompasses disciplines like biomechanics, nutrition, physiology, and psychological services. Scientific information is used by individual coaches and athletes in terms of trying to improve performance, such as through dietary regimens, strength training programmes and injury prevention methods. In addition, there is an increasing reliance on technology (such as GPS systems and power meters) in athletes of all abilities. Although there are benefits to an active interest in enhancing performance, there can be downsides to such approaches where the scientific rationale is weak or not justified. Ensuring coaches and athletes are informed about appropriate practices is an important element to develop with regard to safeguarding athlete health, well-being and development.

### **Overall topics**

- Cheap, quick and easy: The advantages and disadvantages of using app-based technology in training.
- What do you want from me? What coaches find useful from scientific support (and what is useless).
- Translating results from the laboratory to results in track and field.
- Train for less than your best: Why athletes rarely set season's best times in championship racing and why it doesn't matter.
- Interpreting the methods used in science to evaluate the value of the results to the athletes.
- Potential back-to-back competitions in 2022: How can athletes peak for several championships in a short period of time?
- Talent identification and outsourcing
- Injuries due to lack of training and inconsistency in training: How to prevent big mistakes?

### Programme from 7 until 11 June 2021

Date	Time (CET)	Title	Lecturer
<b>Monday 7 June</b>	10:00 – 10:15	Welcome from European Athletics.	Jean Gracia (FRA)
	10:15 – 11:00	Q&A with an athlete.	Athlete Session I (COUNTRY)
<b>Tuesday 8 June</b>	13:00 – 14:00	Practical experiences in coaching and managing elite athletes.	Karin Torneklin (SWE)
	10:00 – 11:00	Q&A with Blanka Vlašić.	Blanka Vlašić (CRO)
<b>Wednesday 9 June</b>	13:00 – 14:00	Potential back-to-back competitions in 2022: How can athletes peak for several championships in a short period of time?	Laurent Meuwly (SUI)
	10:00 – 11:00	Q&A with an athlete.	Athlete Session V (COUNTRY)
<b>Thursday 10 June</b>	13:00 – 14:00	Preventing injuries in athletics: Which methods work best and how to proceed?	Speaker Session VI (COUNTRY)
	10:00 – 11:00	Q&A with an athlete.	Athlete Session VII (COUNTRY)
<b>Friday 11 June</b>	13:00 – 14:00	Why endurance athletes rarely set season's best times in championship racing and why it doesn't matter.	Brian Hanley (IRL)
	10:00 – 11:00	Deliberate practice of elite and world-class Kenyan and Spanish distance runners.	Arturo Casado (ESP)
	13:00 – 14:00	Cheap, quick and easy: The advantages and disadvantages of using app-based technology in training.	Carlos Balsalobre-Fernandez (ESP)
	14:00 – 14:15	Closing.	Jean Gracia (FRA)

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