

Programme from July until December 2021

Date	Time (CET)	Title	Lecturer
2 July	13:00 – 14:00	Practical coaching considerations of the junior athlete transition to senior level.	Luke GUNN
16 July	13:00 – 14:00	Optimising regulation of exercise intensity.	Andrew RENFREE
10 September	13:00 – 14:00	The discus throw: Technical model and training for the elite athlete.	René SACK
24 September	13:00 – 14:00	Effects of mental fatigue on physical performance.	Luca FILIPAS
8 October	13:00 – 14:00	Sleep in elite athletes: Implications for performance and recommendations for optimal recovery.	Jacopo VITALE
22 October	13:00 – 14:00	A modern look at effective pole vault technique.	Herbert CZINGON
5 November	13:00 – 14:00	Hurdle development: A constraints-based approach.	Laura TURNER-ALLEYNE
19 November	13:00 – 14:00	Warm up: From physiological knowledge to personal experiences with sprinters.	Giorgio FRINOLLI
3 December	13:00 – 14:00	MicroStretching: A recovery regeneration technique.	Nikos APOSTOLOPOULOS
17 December	13:00 – 14:00	Recovery management in elite athletes.	Sabrina SKORSKI

Registration link: [CLICK HERE](#)