

WELCOME

For a sport borne out of innovation, it's only fitting that triathlon continues to foster the growth of research and scientific trends. Following last year's successful debut of the ITU Science and Triathlon World Conference, the second edition is set to be hosted by the Swiss Federal Institute of Sports Magglingen in February 2013.

Launched in 2011 at the University of Alicante in Spain, the conference will gather many highly respected sports scientists to speak on their respective specialist fields relating to triathlon. The theme of the 2013 conference is 'Reflect on the past – design the future' and represents the scientific lessons that triathlon coaches have applied through the years leading up to the 2012 London Olympic Games and what science has learned that can now be applied to designing the champions of the 2016 Rio Olympic Games.

The three-day conference will run from 7-9 February 2013 in Magglingen, offering state of the art infrastructure and located on the panoramic site above the city of Biel against the stunning backdrop of the Bernese Alps.



COMMITTEE

Honorary Conference Committee:	Conference Scientific Committee:
Marisol Casado (IOC), ITU President	Prof. Grégoire Millet, University of Lausanne Chair
Rector Walter Mengisen, Magglingen	Dr Roberto Cejuela, University of Alicante
Conference Organising Committee:	Dr Sergio Migliorini, Chair, ITU Medical Committee
Dr. Adrian Burgi, Magglingen, President Org. Com.	Dr Margo Mountjoy, IOC / FINA, McMaster University
Loren Barnett, ITU Secretary General	Dr Thomas Steiner, Magglingen
Antonio F. Arimany, ITU Director Admin, Finance and Legal	Dr Jon Wehrin, Magglingen
Gergely Markus, ITU Sport Director	
Rolf Ebeling, ITU Sport Advisor	

PROGRAMME

DAY 1 13:30 -14:00	THURSDAY 7/02/2013 OPENING CEREMONY ITU president: Marisol Casado Rector: Walter Mengisen Organisation: President: Adrian Burgi	Speakers
14:00-19:30	SESSION 1 - Analysing Competition structure, 2009-2012 / Periodisation Coaching Elite triathletes - an update Periodisation in endurance Sports - Polarized training (running - rowing- triathlon) Periodization in endurance Sports - Application in Nordic Ski and Biathlon Competition analysis of the Triathlon World Series Roundtable - Which periodisation in elite triathlon?	Moderator: Roberto Cejuela Malcom Brown / Jack Maitland Stephen Seller Jurgen Wick Gergely Markus
DAY 2 8:30-12:00 08:30 09:30	FRIDAY 8/02/2013 SESSION 2 - Nutrition and Recovery in triathlon Nutritional aspects in triathlon Morphology-related health risks in elite triathlon (anorexia...) Recovery strategies in sport POSTERS PRESENTATION SESSION 3 - The Olympic Cycle 2013 - 2019 / Implication of new Formats Physiological differences between distances in Nordic Ski Physiological differences between distances in Running Physiological differences between distances in Triathlon Roundtable - Introducing new formats: Effects on training and health-risks Workshop ITU - FINA : Safety in open water swim	Moderator: Sergio Migliorini John Hawley Liz Broad Steve Ingham Moderator: Grégoire Millet Hans-Christer Holmberg Christine Hanon Inigo Mujika Margo Mountjoy & Sergio Migliorini Sanjay Sharma & Thanos Nikopoulous
11:00 12:00-13:00 14:00 - 18:30		
14:00 15:00 16:00 17:30 18:30-19:30		
DAY 3 8:30-10:00	SATURDAY 9/02/2013 ORAL PRESENTATION 3 PARALLEL SESSIONS of 6 x 15 min SESSION 4 - Talent ID in triathlon Talent ID - The Australian example Late career changes and how to support them: Examples in the elite women's field Talent ID - The German example Career Development in World-class Triathletes Roundtable - Innovating in Talent ID for triathlon CLOSING CEREMONY and ITU AWARDS	Jon Wehrin Margo Mountjoy Thomas Steiner Shaun Stephens Darren Smith Thomas Moeller Adrian Burgi
10:30-13:00 10:30 11:00 11:30 12:00 12:30 13:00 - 13:30		

I really believe that as the worldwide governing body of the sport, ITU should take a leadership role in driving the research and studies in triathlon. Since 2011 this concept of science and triathlon working hand-in-hand has further grown and it's been a privilege to watch the sport transform so drastically from our humble roots.

-Marisol Casado (IOC), ITU President