



“Monitoring Athlete Training Loads - The Hows and Whys” Conference Schedule

Tuesday 23rd February 2016

- 9:00 – 10:00 Registration & Coffee
- Session 1:** Welcome Message / Keynote Lecture
- Chaired by: Prof. Tim Cable
- 10:00 – 10:15 Welcome Address
Ivan Bravo (Director General, Aspire Academy)
Prof. Tim Cable (Director Sports Science, Aspire Academy)
- 10:15 – 11:15 Keynote Lecture
Prof. Carl Foster (USA) - “Monitoring training loads: The past, the present and the future”
- Session 2:** Monitoring Training Loads in Endurance Sports
- Chaired by: Dr. Pitre Bourdon (Head of Research, Aspire Academy)
- 11:15 – 12:30 Dr. Stephen Seiler (NOR) – “Monitoring training load from high intensity endurance sessions: Effect of intensity and accumulated duration on objective and perceived load during high intensity training”
Dr. Inigo Mujika (ESP) – “Quantification of training and competition loads in endurance sports: Methods and applications”
- 12:30 – 1:30 Lunch
- Session 3:** Monitoring Training Loads in Team Sports
- Chaired by: Dr. Marco Cardinale (Head of Sports Physiology, Aspire Academy)
- 1:30 – 3:30 Dr. Darren Burgess (AUS) - “Application of monitoring research in elite team sport periodisation”
Prof. Martin Buchheit (FRA) – “Player tracking technology: What if we were all wrong?”
Prof. Warren Gregson (QAT) – “Monitoring athlete recovery status in team sports: Implications for practice”
- 3:30 – 4:00 Coffee Break

Session 4: Young Investigator Award Winner Presentations

Chaired by: Dr. Pitre Bourdon

4:00 – 5:30 Stephen Crowcroft (AUS) – “Assessing the signal to noise ratio of common athlete monitoring tools in national swimmers”

Sabrina Skorski (GER) – “Sleep and recovery in elite football players”

Dean McNamara (AUS) – “The use of wearable microtechnology to monitor workload in cricket fast bowlers”

Kaitlyn Weiss (NZ) – “A novel method to quantify cumulative lower limb loads using wearable sensors”

Niels Nedergaard (DEN) – “A new approach to quantify whole-body mechanical load from trunk accelerometry”

Wednesday 24th February 2016

Session 5: Monitoring Training Loads in Strength/Power/Combat Sports

Chaired by: Prof. Tim Cable

9:00 – 10:30 Dr. Bill Sands (USA) – “Monitoring: The link between planning and performance”

Dr. David Martin (USA) – “Monitoring training loads – Combat sports and military applications”

10:30 – 11:00 Coffee Break

Session 6: Load Monitoring in Young/Developmental Athletes

Chaired by: Dr. Marco Cardinale

11:00 – 12:30 Andrew Murray (QAT) - “Managing the *agoge* in adolescent athletes”

Dr. Alberto Mendes-Villanueva (QAT) – “Application of load monitoring techniques with elite young football players”

12:30 – 1:30 Lunch

Session 7: Load Monitoring Technologies

Chaired by: Prof. Warren Gregson (Head of Football Physiology, Aspire Academy)

1:30 – 3:00 Dr. Marco Cardinale (QAT) – “Training monitoring, technology and coaching: Challenges, opportunities and future trends”

Dr. Mathew Varley (QAT) – “How do we measure what we measure? Understanding GPS metrics used in sport”

3:00 – 3:20

Coffee Break

Session 8:

Monitoring Training Loads - Free Papers

Chaired by:

Dr. Pitre Bourdon

3:20 – 5:00

Robin Thorpe (UK) – “The influence of variations in acute cumulative training load on daily changes in morning-measured fatigue variables in elite soccer players”

Jon Bartlett (AUS) – “Predicting RPE from training load in elite team sport athletes: evidence for an individualised approach”

Tania Gallo (AUS) – “The influence of internal load measures and athlete self-reported wellness on match performance in Australian football”

Simon Rogers (NZ) – “A lower-body stiffness: A potential monitoring tool for middle-distance running performance”

Alan Metcalfe (AUS) – “The within season periodisation of external training load in world team time trial professional road cyclists”

Avish Sharma (AUS) – “Increased training load during 3-4 weeks LHTH at 2100m improves race performance within 1 week post-altitude in elite runners”

Session 9:

Team Sport Panel - Question and Answer Session

Chaired by:

Prof. Tim Cable

5:00 – 5:45

Invited panel members

7:30

Conference Dinner

Thursday 25th February 2016

Session 10:

Psychological Measures for Monitoring Training

Chaired by:

Prof. Tim Cable

8:45 – 9:30

Prof. Michael Kellmann (GER) – “Psychological Measures for Monitoring Training”

Session 11:

Modelling Training Loads

Chaired by:

Prof. Tim Cable

9:30 – 11:00

Prof. Aaron Coutts (AUS) – “Monitoring, modelling and controlling training loads in teams sports: Theoretical basis and practical applications”

Dr. Jos De Koning (NED) – “A natural model to study overreaching / overtraining”

11:00 – 11:30

Coffee Break

Session 12: Load Monitoring and Injury Prevention

Chaired by: Dr. Marco Cardinale

11:30 – 1:00 Dr. Tim Gabbett (AUS) – “The training—injury prevention paradox: Should athletes be training smarter and harder?”

Rod Whitely (QAT) – “The conditioning-medical paradox: Should service teams be working together or as enemies on the training load battlefield?”

1:00 – 1:45 Lunch

Session 13: Monitoring Training Loads - Free Papers

Chaired by: Dr. Pitre Bourdon

1:45 – 3:00 Sean Williams (UK) – “A systematic process for selecting the most appropriate training load measures for injury risk monitoring of team sport athletes via data reduction techniques”

Marcus Colby (AUS) – “Intrinsic injury risk factors and high-risk periods across an Australian Football League (AFL) season”

Alireza Esmaeili (AUS) – “Positive changes in the achilles and patellar tendon structure of elite Australian footballers over the pre-season training period: The influence of training load and leg dominance”

Rahel Ammann (SUI) – “Gait asymmetry during track running of 400 to 1000 m using IMUs in relation to injury history”

Daniel Silvan (QAT) – “Training load and its relationship with overuse injuries: Utility of self-reported questionnaires as indicators for injury prediction and prevention over a single season in youth endurance athletes”

3:00 – 3:30 Coffee Break

Session 14: Invited Speaker Panel - Question and Answer Session

Chaired by: Prof. Warren Gregson

3:30 – 4:50 Invited Panel Members

4:50 – 5:00 Closing Address