

9th European Endurance Conference

Leeds Beckett University

September 13-15, 2024

Friday

1400-1500	Registration
1500-1615	The silent saboteur: Recognising and preventing REDs - <i>Pippa Woolven</i>
1615-1730	Working together to improve gender equity in high-performance athletics coaching - <i>Leanne Norman & Vicky Huyton</i>
1730-1800	Break
1800-1900	Individualising strength and conditioning - <i>Dane Mitchell & Maj Skok</i>
1900-2000	Talent development and youth coaching with female athletes - <i>Áine MacNamara</i>
2000-2200	Dinner

Saturday

0930-1000	Refreshments
1000-1100	The applied value of sports injury narratives in supporting injured athletes - <i>Ciara Everard</i>
1100-1230	Biomechanics of female distance runners / Working with technical feedback - <i>Yann Kai Oh, Andi Drake & Andy Henderson</i>
1230-1330	Lunch
1330-1430	Racing, pacing and competition in endurance events: A focus on the female athlete - <i>Florentina Hettinga</i>
1430-1530	Peak performance across the female lifespan - <i>Jess Piasecki</i>
1530-1600	Break
1600-1700	Considerations during pregnancy and post-partum - <i>Alison Rose</i>
1700-1800	Exercises during and after a healthy pregnancy - <i>Alison Rose</i>
1800-1830	Break
1830-2000	Free time
2000-2200	Dinner

Sunday

0930-1000	Refreshments
1000-1100	The physiological demands of endurance running: Moving beyond an energy systems-based view - <i>Phil Hayes</i>
1100-1230	Roundtable discussion on the challenges and opportunities when supporting female athletes - <i>Andrew Manley</i>
1230-1330	Lunch
1330-1430	Optimal talent development environments - <i>Sarah Benson</i>
1430-1500	Plenary & Close


EUROPEAN ATHLETICS
COACHING SUMMIT
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