

High Performance Webinar Series 2021

Programme From January to June

Date	Time*	Title	Lecturer
8 January 2021	13:00 – 14:00	Rebuilding stronger - Lessons learned from the pandemic.	Martin BINGISSER
15 January 2021	13:00 – 14:00	Physiological requirements of running a sub-2 hour marathon.	Andrew JONES
28 January 2021	13:00 – 14:00	Specific nutritional strategies for the female athlete.	Mónica SOUSA
12 February 2021	13:00 – 14:00	Clean Sport: Breaking the silence to protect the integrity of sport and the welfare of athletes.	Sue BACKHOUSE
26 February 2021	13:00 – 14:00	Biomechanical considerations in the horizontal jumps.	Philip GRAHAM-SMITH
12 March 2021	13:00 – 14:00	Asthma in athletes: What can we do?	Pascale KIPPELEN
26 March 2021	13:00 – 14:00	Are there specific risks for sexual harassment in athletics, and how can we prevent them?	Inga SERFORT
9 April 2021	13:00 – 14:00	Muscle injuries in athletics.	Pascal EDOUARD

23 April 2021	13:00 – 14:00	Pacing profiles and tactical behaviours in elite runners.	Arturo CASADO
7 May 2021	13:00 – 14:00	Measuring and analysing peak performance in race walking.	Andrew DRAKE
21 May 2021	13:00 – 14:00	Force-velocity analysis in sprinting: Methods and applications.	Jean-Benoît MORIN
4 June 2021	13:00 – 14:00	Speed reserve in the 400m: An update.	Pierre-Jean VAZEL
18 June 2021	13:00 – 14:00	Biomechanics of world-class distance runners: Implications of different footstrike patterns.	Brian HANLEY

*All the above hours are CET.