

**3RD IAAF
WORLD COACHES
CONFERENCE**

LONDON
7 – 10 AUGUST 2017



3rd IAAF Coaches Conference

7-10th August 2017.

4 Competition-free morning sessions for ease of attendance.

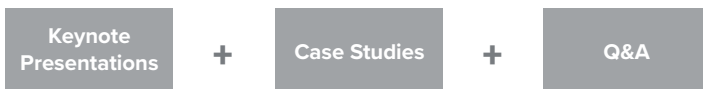
Registration for each session opens at 0830.

Learn about the latest applied sports science thinking: training techniques, methods, and application of technology in athletics coaching.

Open to all accredited coaches, member federations, & media representatives.



Inspiring and Interactive sessions:



Learn from our highly experienced keynote speakers, both coaches of world class athletes past & present, but also coaches and enablers of other coaches.




Hear real life case studies from medal winning athletes & their coaches.



4 key themes:

- **Endurance Training** (Monday 7th August)
- **Strength Training** (Tuesday 8th August)
- **Speed Training** (Wednesday 9th August)
- **Brain Training** (Thursday 10th August)


IAAF WORLD COACHES CONFERENCE PROGRAMME

 All sessions are available in English, French and Spanish.

Monday 7th August 2017

- 8h30-9h00 Registration at Conference Hall
- 9h00-9h30 Opening Ceremony
IAAF President Sebastian Coe
- 9h30-10h30 Physiological and metabolic background of endurance training
Practical consequences for science based endurance training
(Q&A) **Prof. Dr. Ullrich Hartmann (GER)**
- 10h30-10h45 *Break*
- 10h45-12h00 Coaching Long Distance & Marathon World Class Athletes
Best practice of endurance training (Q&A)
Medallist 10km / Marathon and his / her Coach (TBC)
- Moderator: **Victor Lopez & Günter Lange**

Tuesday 8th August 2017

- 8h30-9h30 Registration at Conference Hall
- 9h30-10h30 Physiological and metabolic background of strength training
Practical consequences for science based strength training
(Q&A) **Shaun Pickering (GBR)**
- 10h30-10h45 *Break*
- 10h45-12h00 Coaching World Class Athletes
Best practice of strength training (Q&A)
Medallist and his / her Coach (TBC)
- Moderator: **Victor Lopez & Günter Lange**
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Wednesday 9th August 2017

- 8h30-9h30 Registration at Conference Hall
- 9h30-10h30 Physiological and metabolic background of speed training
Practical consequences for science based speed training
(Q&A) **Loren Seagrave (USA)**
- 10h30-10h45 *Break*
- 10h45-12h00 Coaching World Class Athletes
Best practice of speed training (Q&A)
Medallist and his / her Coach (TBC)
- Moderator: **Victor Lopez & Günter Lange**

Thursday 10th August 2017

- 8h30-9h30 Registration at Conference Hall
- 9h30-10h30 The brain as performance limiting factor
Practical consequences for science based training (Q&A)
Neil Dallaway (GBR)
- 10h30-10h45 *Break*
- 10h45-12h00 Coaching World Class Athletes
Best practice of training (Q&A)
Medallist and his / her Coach (TBC)
- Moderator: **Victor Lopez & Günter Lange**
- 12h00-12:30 Closing Ceremony

