

INTERNATIONAL TRIATHLON UNION				
I World Conference of Science in Triathlon				
24, 25 AND 26 MARCH 2011				
University of Alicante - ALICANTE - SPAIN				
http://scienceandtriathlon.sii.ua.es				
Day 24 Día 24	Thursday / Jueves		Physiology and performance analysis / Fisiología y Análisis del Rendimiento	
8h-9h	Delivery documentation / Entrega de documentación Salón de Actos Aulario II			
9h	Open Ceremony / Ceremonia de Bienvenida			
Time/Hora	Presentation / Ponencia	Speaker / Ponente		Chairman/Moderador
9.30h	Physiological requirements for different distances of triathlon / Requerimientos fisiológicos del triatlón	GRÉGOIRE P. MILLET, PhD	Keynote/ Conferencia	Veronica Vleck PhD
10.30h	Biology passport Parameters / Parámetros del pasaporte Biológico	MARIO ZORZOLI, MD, PhD	Keynote/ Conferencia	Gaetano Cairo, PhD
11.30h	<i>Morning Tea</i>			
Technical Presentation Room 1 / Charlas Técnicas sala 1				Chairman/Moderador
12h	HOW TO GET AN EFFICIENT SWIM TECHNIQUE IN TRIATHLON?/ ¿CÓMO CONSEGUIR UNA TÉCNICA ECONÓMICA Y EFICIENTE PARA NADAR UN TRIATLÓN?	Antonio Cala, PhD	Technical presentation / Charlas Técnicas	Vicente Beltran
12.30h	METHOD FOR THE INDIVIDUAL AND COMPARATIVE ANALYSIS OF THE PERFORMANCE OF THE COMPETITION TRIATHLETE/ MÉTODO PARA EL ANÁLISIS INDIVIDUAL Y COMPARADO DE LA ACTUACIÓN DEL TRIATLETA EN LA COMPETICIÓN	Ivo Clotet & Ricard Pérez		
13h	EFFICIENCY OF RESOURCES ON TRIATHLON PROMOTION ACCORDING TO PREVIOUS TRIATHLETE'S EXPERIENCES/ EFICIENCIA DE LOS RECURSOS PARA LA PROMOCIÓN DEL TRIATLÓN EN FUNCIÓN DEL BAGAJE PREVIO DE LOS TRIATLETAS	María del Pilar Vilchez		
13.15h	RUNNING TECHNIQUE ANALYSIS IN TRIATHLETES/ ANÁLISIS DE LA TÉCNICA DE CARRERA EN TRIATLETAS	Carlos Martín Caro		
13.30h	<i>Lunch / Comida</i>			Chairman/Moderador
15.30h	Quantification of training in triathlon / Cuantificación de la carga de entrenamiento en Triatlón	ROBERTO CEJUELA, PhD	Keynote/ Conferencia	Sergio Migliorini, MD
Oral Presentation Room 1 / Presentaciones Orales sala 1				Chairman/Moderador
17h	TRIATHLON INJURY: WHAT DO WE KNOW?	Veronica Vleck PhD	Oral Presentation/ Presentación Orales	Mario Rodríguez, MD
17.20h	RISK FACTORS AND INJURY MECHANISMS IN TRIATHLON	Sergio Migliorini, MD		
17.40h	ANKLE PROSTHETIC FOR THE LOWER LEG AMPUTEE TRIATHLETE DURING THE SWIM/TRANSITION EVENT	David Lyle, PE, PMP		
18h	RELIABILITY OF SIMULATED SPRINT-DISTANCE TRIATHLON	Daniel Taylor		
18.15h	BIOAVAILABILITY AND METABOLISM OF BIOACTIVE COMPOUNDS IN TRIATHLETES AFTER ADMINISTRATION OF A NEW NATURAL FUNCTIONAL JUICE	Angel Gil, PhD		
18.30h	<i>Afternoon Tea / Pausá Café</i>			Chairman/Moderador
19h	Comparison olympic distance vs sprint distance / Comparación del rendimiento en distancia Olímpica Vs distancia Sprint	ROLF EBELING	Keynote/ Conferencia	Adrian Burgüi, PhD
20.30h	<i>Cocktail Party at the Museum of the University / Coctel de Bienvenida en el Museo de la Universidad</i>			
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Day 25/ Día 25	Friday / Viernes		Triathlon's Training/Entrenamiento	
Time/Hora	Presentation / Ponencia		Speaker / Ponente	Chairman/Moderador
9h	Swimming for Triathlon / Entrenamiento de la natación para triatlón		JAN OLBRECHT, PhD	Keynote/ Conferencia Iñigo Mujika, PhD
Oral Presentation Room 1 / Presentaciones Orales sala 1				Chairman/Moderador
10.30h	RACE PACE ANALYSIS IN TRIATHLON SWIMMING-FROM SWIMMING FOR WINNING TO SWIMMING FOR RUNNING		Antonio Rivas, PhD	Swim Oral Presentation / Presentación Orales de natación Antonio Cala, PhD
10.45h	TECHNICAL SKILL DIFFERENCES IN STROKE PROPULSION BETWEEN HIGH LEVEL ATHLETES IN TRIATHLON AND TOP LEVEL SWIMMERS.		Alessandro Bottoni	
11h	CAN SWIMMING INTENSITY AFFECTS TO THE ELASTIC EXPLOSIVE FORCE MANIFESTATION? RELATION WITH TRIATHLON		Javier Mon	
11.15h	THE WETSUIT EFFECT ON ITU WORLD CUP SWIM PERFORMANCE		Veronica Vleck, PhD	
11.30h	Morning Tea / Pausá Café			
Poster Presentation / Presentación de Posters				Chairman/Moderador
12h to 13.30h	THE EFFECT OF SUB-MAXIMAL SWIMMING ON BLOOD LACTATE REMOVAL AFTER A SHORT TRIATHLON RACE		Wagner D. C. Schwerdtfeger	Poster Presentation / Presentación de Posters Jan Olbrecht, PhD
	LACTATIC INTENSITY OF COMPETITION IN SPRINT DISTANCE TRIATHLON		Alberto Ferriz	
	LOST TIME IN T2 CAN DECIDE THE FINAL RESULT IN MEN'S ELITE OLYMPIC TRIATHLON COMPETITION?		Jordi Pascual	
	POSSIBILITIES FOR UTILIZING A TRIATHLON WETSUIT DURING WARMING-UP SWIM AS A TRAINING GEAR		Masamitsu Tomikawa, PhD	
12h to 13.30h	TRIATHLON IN SCHOOL-BASED PHYSICAL EDUCATION		Victoria E. Machota, PhD	Poster Presentation / Presentación de Posters Alessandro Bottoni
	HIGH LEVEL TRIATHLON COACH: CLOSE ENVIRONMENT AND BASIC PERFORMANCE QUALITIES		Germán Ruiz, PhD	
	SELF-EFFICACY, ANXIETY AND SPORT PERFORMANCE IN TRIATHLON		Guillermo Viguria	
	STUDY ABOUT SPORT MOTIVATION IN SPANISH YOUNG TRIATHLETES		Emilio Fernandez- Rodríguez	
	COGNITIVE STRATEGIES, PERCEIVED EXERTION AND RUNNING PERFORMANCE		Ricardo de la Vega	
12h to 13.30h	THE OTHER TRIATHLON: THE PERCEIVED PSYCHO-SOCIAL SPHERE OF TRIATHLETES AND COACHES AS A DETERMINANT OF SUCCESS.		Germán Ruiz, PhD	Poster Presentation / Presentación de Posters Jonathan Esteve, PhD
	PHYSIOLOGICAL CORRELATES OF SIMULATED SPRINT- DISTANCE TRIATHLON		Daniel Taylor	
	STATUS OF EFFORT IN A CLASS OF SPINNING TRIATHLETES U23 WITH DIFFERENT SITUATIONS OF HYDRATION		Aritz Urdampilleta	
	EFFECT OF 3 HOURS OF CYCLING ON RUNNING KINEMATICS IN TRIATHLETES		François -Xavier Li, PhD	
	VALIDITY, RELIABILITY AND SENSITIVITY OF THE VELODROME TESTS TO EVALUATE AERODYNAMIC DRAG ON AERO-BIKES		Juan Garcia-López, PhD	
	PREDICTION OF SPRINT DUATHLON PERFORMANCE FROM MAXIMAL LABORATORY TESTING		José R. Alvero-Cruz, MD, PhD	
ASSESSMENT OF BREATHING PATTERNS IN A SIMULATED LABORATORY SPRINT DUATHLON		Rosalía Fernández- Vázquez		

Poster Presentation / Presentación de Posters				Chairman/Moderador
12h to 13.30h	THYROID HORMONES RESPONSE IN SIMULATED LABORATORY SPRINT DUATHLON	José R. Alvero-Cruz, MD, PhD	Poster Presentation / Presentación de Posters	Sergio Migliorini, MD
	CARDIAC AUTONOMIC MODULATION IN OLYMPIC TRIATHLETES BEFORE OLYMPIC PRE-EVENT	Antonio Gianfelici, MD		
	TRAINING, INJURY AND RECOVERY IN 2438 TRIATHLETES	Jodie Totten		
	HEMODILUTION EFFECT OF DESMOPRESSIN AFTER ERYTHROCYTOSIS	Fabian Sanchis		
	ANALYSIS OF INJURIES PRODUCED IN OLIMPIC TRIATHLON	Alejandro Imbernon		
	THE EFFECT OF KINESIO TAPING ON CALF'S INJURIES PREVENTION IN TRIATHLETES DURING COMPETITION. PILOT EXPERIENCE	Rafael Merino, PhD		
12h to 13.30h	ANTHROPOMETRIC VARIABLES OF FUTURE TALENT IN TRIATHLON VS CYCLING	Irene López	Poster Presentation / Presentación de Posters	Adrian Burgüi, PhD
	SOMATOTYPE IN ELITE TRIATHLETES	José M. Martínez-Sanz		
	ANTHROPOMETRIC AND PHYSIOLOGICAL PROFILE OF YOUNG MALE ATHLETES OF OLYMPIC TRIATHLON	Antonio Gianfelici, MD		
	BODY COMPOSITION IN ELITE TRIATHLETES	José M. Martínez-Sanz		
	ANTHROPOMETRIC AND PHYSIOLOGICAL PROFILE OF THE TOP YOUNG CZECH TRIATHLETES.	Václav Bunc		
13.30h	<i>Lunch / Comida</i>			Chairman/Moderador
15.30h	Training for Long Distance / Entrenamiento para larga distancia en Triatlón	PAUL B. LAURSEN, PhD	Keynote/ Conferencia	Roberto Cejuela, PhD
Oral Presentation Room 1 / Presentaciones Orales sala 1				Chairman/Moderador
17h	ANALYSIS OF PACING STRATEGY DURING DUATHLON AND TRIATHLON COMPETITIONS IN YOUTH ATHLETES	Stefania Comotto	Oral Presentation / Presentación Orales	Randall L. Wilber, PhD
17.15h	TALENT SELECTION CRITERIA FOR OLYMPIC DISTANCE TRIATHLON	Alessandro Bottoni		
17.30h	THE OVERVIEW OF DIAGNOSTICS FOR TALENT IDENTIFICATION IN SHORT TRIATHLON AND THEIR EVALUATION IN CZECH REPUBLIC	Václav Bunc		
17.45h	IS ELITE TRIATHLETE TRAINING POLARIZED?	Veronica Vleck, PhD		
18h	PERFORMANCE DEVELOPMENT AND CAREER PROGRESSION OF OLYMPIC DISTANCE WORLD-CLASS TRIATHLETES	Adrian Burgüi, PhD		
18.15h	EFFECT OF TWO LACTATE CONCENTRATIONS (3 mMOL.L-1 vs. 5 mMOL.L-1) ON SUBSEQUENT RUNNING IN TRAINED TRIATHLETES.	Carlos Castellar-Otín, PhD		
Oral Presentation Room 2 / Presentaciones Orales sala 2				Chairman/Moderador
17h	SELF-EFFICACY AND ITS RELATIONSHIP TO SELECTED SPORT PSYCHOLOGICAL CONSTRUCTS IN THE PREDICTION OF PERFORMANCE IN IRONMAN TRIATHLON	Ian Heazlewood, PhD	Oral Presentation / Presentación Orales	Juan M. Cortell, PhD
17.15h	TRACKING MOOD STATES AND ON-GOING ATTENTIONAL FOCUS IN TRIATHLETES.	Guillermo Viguria		
17.30h	THE EFFECT OF A COMBINED FLEXIBILITY AND RUNNING DRILLS PROGRAMME ON RUNNING TECHNIQUE IN TRIATHLETES	François -Xavier Li, PhD		
17.45h	THE VALIDATION OF A NEW METHOD THAT MEASURES CONTACT AND FLIGHT TIMES DURING TREADMILL RUNNING	Ana Carmen Ogueta		
18h	MODELING THE EFFECT OF DIFFERENT POSITIONS OF THE BICYCLE SHOE CLEAT ON MUSCLE ACTIVITY IN THE UPPER AND LOWER LEG	Guido Vroemen		
18.15h	THE COMPARISON OF FEMALE TRIATHLETE RUNNING TECHNIQUE TO THAT OF FEMALE RUNNERS	François -Xavier Li, PhD		
18.30h	<i>Afternoon Tea / Pausá Cafè</i>			Chairman/Moderador
19h	Running for triathlon / Entrenamiento de la carrera a pie para triatlón	BOBBY McGEE	Keynote/ Conferencia	Libby Burrell
21h	<i>Congress dinner at the castle of Santa Barbara / Cena de Gala en el Castillo de Santa Barbara</i>			

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Day 26 / Día 26	Saturday / Sábado		Triathlon's Performance / Alto Rendimiento	
Time/Hora	Presentation / Ponencia	Speaker / Ponente	Chairman/Moderador	
9h	Tapering/Puesta a punto para la competición	IÑIGO MUJICA, PhD	Keynote/ Conferencia	Grégoire P. Millet, PhD
Oral Presentation Room 1 / Presentaciones Orales sala 1				Chairman/Moderador
10.30h	TRAINING INTENSITY DISTRIBUTION DURING AN IRONMAN SEASON: RELATIONSHIP WITH COMPETITION PERFORMANCE	Jonathan Esteve, PhD	Oral Presentation	Juan García-López, PhD
10.45h	EFFECT OF SIX WEEK OVERLOAD AND TAPERING PERIOD BEFORE A MARATHON ON HEMOGLOBIN MASS RED CELL VOLUME AND BLOOD VOLUME IN ENDURANCE TRAINED RUNNERS	Thomas Steiner		
11h	IRON METABOLISM: RECENT ADVANCES AND THEIR RELEVANCE FOR HEALTH, EXERCISE AND PERFORMANCE	Gaetano Cairo, PhD		
11.15h	INTERMITTENT HYPOBARIC HYPOXIA EXPOSURE INCREASES VENTILATORY THRESHOLD BUT NOT RUNNING PERFORMANCE IN TRIATHLETES	Ferran A. Rodríguez, PhD, MD		
11.30h	<i>Morning Tea / Pausa Café</i>			Chairman/Moderador
12h	Training in Altitude/Entrenamiento en Altitud	RANDALL L. WILBER, PhD	Keynote/ Conferencia	Paul B. Laursen, PhD
13.30h	<i>Closing Ceremony / Ceremonia de Clausura</i>			
14h	<i>Lunch / Comida</i>			
Workshop Room 2 / Taller práctico Sala 2				Chairman/Moderador
16h	INTEGRATION OF THE ELECTRO IN TRAINING AND RECOVERY TRIATHLETE/ INTEGRACIÓN DE LA ELECTROESTIMULACIÓN EN EL ENTRENAMIENTO Y RECUPERACIÓN DEL TRIATLETA	Salvador Partegàs & Xavi Llobet	Workshop/ Taller práctico	José M. Martínez-Sanz
18h	<i>Social Time / Actividades de ocio y turismo</i>			
23h	<i>Party Night / Fiesta del congreso</i>			
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The Conference will be held at the University of Alicante in the Salón de Actos meeting room of the Aulario General II lecture building.

El congreso tendrá lugar en la Universidad de Alicante en el Salón de Actos del Aulario II.