

## SPEAKER

### DR. IÑIGO MUJIKA

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Iñigo Mujika earned a Ph.D.s in Biology of Muscular Exercise (University of Saint-Etienne, France) and Physical Activity and Sport Sciences (University of The Basque Country). He is also a Level III Swimming and Triathlon Coach.

Mujika's main research interests in the field of applied sport science include training methods and recovery from exercise, tapering, detraining and overtraining. He has also performed extensive research on the physiological aspects associated with sports performance in professional cycling, swimming, running, rowing, tennis, football and water polo.



Mujika received research fellowships in Australia, France and South Africa, published over 80 articles in peer reviewed journals, three books and 28 book chapters, and has given over 190 lectures and communications in international conferences and meetings. He was Senior Physiologist at the Australian Institute of Sport in 2003 and 2004. In 2005 he was the physiologist and trainer for the Euskaltel Euskadi professional cycling team and between 2006 and 2008 he was Head of Research and Development at Athletic Club Bilbao professional football club. He is now Director of Physiology and Training at

USP Araba Sport Clinic, Physiology Consultant of the Spanish Swimming Federation, Associate Editor for the International Journal of Sports Physiology and Performance, and Associate Professor at the University of the Basque Country.

As a physiologist and trainer of professional cyclists, Iñigo has contributed to several victories in professional cycling, and his recent involvement with the Spanish swim team contributed to two silver medals at the London 2012 Olympic Games. Iñigo has recently published "Endurance Training – Science and Practice", a comprehensive book dealing with all aspects of endurance training.

Iñigo has coached triathletes Eneko and Hektor Llanos since 2002, and Ainhoa Murua since 2004, who have obtained multiple international victories in Olympic distance, Ironman and Xterra triathlon, and four participations at the Olympic Games. He was a team selector for Triathlon Australia in 2003 and 2004. At present, Iñigo oversees the summer training camps of young Australian and American triathletes in Vitoria-Gasteiz, Basque Country.

"I think my research contributions in the areas of training quantification, tapering and detraining may have the biggest impact on training practices and athletes' performances."



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