Day 24 Día 24	Thursday / Jueves	Physiology and performance analysis / Fisilogía 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**	**Cairo Gaetano, PhD**
11.30h	*Morning Tea*			
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		
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		
Workshop Room 2 / Taller práctico Sala 2				**Chairman/Moderador**
12h	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**
13.30h	*Lunch / Comidá*			**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, PhD		
18.15h	BIOVAILABILITY AND METABOLISM OF BIOACTIVE COMPOUNDS IN TRIATHLETES AFTER ADMINISTRATION OF A NEW NATURAL FUNCTIONAL JUICE	Angel Gil, PhD		
18.30h	*Afternoon Tea / Pausá Café*			**Chairman/Moderador**
19h	**Comparison olympic distance vs sprint distance / Comparación del rendimiento en distacia Olímpica Vs distancia Sprint**	**ROHLP EBLING**	**Keynote/ Conferencia**	**Adrian Burgüi, PhD**
20.30h	*Cocktail Party at the Museum of the University / Coctel de Bienvenida en el Museo de la Universidad*			

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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 EFECT 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		
	POSSIBILITIES FOR USAGE OF A TRIATLON WETSUIT DURING WARMING UP AS A TRAIMING GEAR	Masamitsu Tomikawa		
	QUANTIFICATION OF TRAINING IN YOUNG TRIATHLETES	Jordi Pascual		
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-Rodriguez		
	COGNITIVE STRATEGIES, PERCEIVED EXERTION AND RUNNING PERFORMANCE	Ricardo de la Vega		
	THE OTHER TRIATHLON: THE PERCEIVED PSYCHO-SOCIAL SPHERE OF TRIATHLETES AND COACHES AS A	Germán Ruiz, PhD		
12h to 13.30h	PHYSIOLOGICAL CORRELATES OF SIMULATED SPRINT-DISTANCE TRIATHLON	Daniel Taylor, PhD	**Poster Presentation / Presentación de Posters**	**Jonathan Esteve, PhD**
	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 García-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	Ramón Fernández-Vázquez		
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**
	HEMODILUTION EFFECT OF DESMOPRESSIN AFTER ERYTHROPOIETIN ADMINISTRATION	Fabian Sanchis		
	MECHANICAL ANALYSIS OF THE EFFECT OF DHA IN THE ANAEROBIC PERFORMANCE IN CICLOERGOMETER	Isaac Estevan		
	CARDIAC AUTONOMIC MODULATION IN OLYMPIC TRIATHLETES BEFORE OLYMPIC PRE-EVENT	Antonio Gianfelici, MD		

	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		
12h to 13.30h	ANTHROPOMETRIC VARIABLES OF FUTURE TALENT IN TRIATHLON VS CYCLING	Irene López	**Poster Presentation / Presentación de Posters**	**Jose G. Villa-Vicente, MD, 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		
	ANTHROPOMERICAL AND PHYSIOLOGICAL PROFILE OF THE TOP YOUNG CZECH TRIATHLETES.	Václav Bunc		
13.30h	*Lunch / Comida*			**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	Lenka KováŘová		
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	**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 COMPARISION OF FEMALE TRIATHLETE RUNNING TECHNIQUE TO THAT OF FEMALE RUNNERS	François -Xavier Li, PhD		
18.30h	*Afternoon Tea / Pausá Café*			**Chairman/Moderador**
19h	**Running for triathlon / Entrenamiento de la carrera a pie para triatlón**	**BOBBY McGEE**	**Keynote/ Conferencia**	**Libby Burrell**
21h	*Congress dinner at the castle of Santa Barbara / Cena de Gala en el Castillo de Santa Barbara*			

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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 MUJIKA, 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**	**Jose A. Rodríguez, PhD**
10.45h	EFFECT OF SIX WEEK OVERLOAD AND TAPERING PERIOD BEFORE A MARATHON ON HEMOGLOBIN MASS RED CELL VOLUME AND BLOOD VOLUME IN ENDURACE TRAINED RUNNERS	Jon Peter Wehrlin		
11h	IRON METABOLISM: RECENT ADVANCES AND THEIR RELEVANCE FOR HEALTH, EXERCISE AND PERFORMANCE	Cairo Gaetano, PhD		
11.15h	INTERMITTENT HYPOBARIC HYPOXIA EXPOSURE INCREASES VENTILATORY THRESHOLD BUT NOT RUNNING PERFORMANCE IN TRIATHLETES	Ferran A. Rodríguez, PhD		
11.30h	*Morning Tea / Pausá Café*			**Chairman/Moderador**
12h	**Training in Altitude/Entrenanmiento en Altitud**	**RANDALL L. WILBER, PhD**	**Keynote/ Conferencia**	**Paul B. Laursen, PhD**
13.30h	***Closing Ceremony / Ceremónia de Clausura***			
14h	*Lunch / Comida*			
16h	*Social Time / Actividades de ocio y turismo*			
23h	*Party Night / Fiesta del congreso*			

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http://scienceandtriathlon.sri.ua.es/

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.