

# The Science & Practice of High Performance Middle Distance Running Symposium

Sunday 3 November 2019, 10am - 4pm

| <b>Time</b> | <b>Session</b>   |
|-------------|--|
| 10.00 am    | <b>Welcome</b>   |
| 10.15 am    | <b>Dr Brian Hanley (Leeds Beckett University)</b><br><i>Biomechanical factors in distance running: what can we learn from the world's best?</i>                    |
| 11.30 am    | <b>Dr Andy Renfree (University of Worcester)</b><br><i>Strategic and tactical decision-making in middle distance running</i>                                       |
| 12.45 pm    | Break (Lunch)  |
| 1.15 pm     | <b>Dr Arturo Casado (Isabel I University, Spain)</b><br><i>Training intensity distribution and deliberate practice in the world's best long-distance runners</i>   |
| 2.30 pm     | <b>Dr Richard Blagrove (Loughborough University)</b><br>Enhancing distance running performance and reducing injury risk with non-running based training activities |
| 3.45 pm     | <b>Summary / round table</b>   |
| 4.00 pm     | <b>Close</b>   |

Venue: Joel Richards Suite, University of Worcester Arena: <https://arena.worc.ac.uk/find-us/>