

ENDURANCE TRAINING SYMPOSIUM

INTERNATIONAL
CONGRESS · 2019

CALONGE I SANT ANTONI · DECEMBER, 21th 2019

MORNING

9:15 to 9:45 am

Accreditations

9:45 to 10 am

Opening Act

10- 11:15 am

Key elements to build a successful training
program in middle and long distance

Nic Bideau

11:15 to 11:45 am

Coffee Break

11:45 am to 13 pm

The importance of the small details outside
running in the training program

Tomasz
Lewandowski

13:30 to 15:30 pm

Lunch

AFTERNOON

15:30 to 16:45 pm

The evolution of an athlete preparing for
the Marathon

Jordi Toda

16:45 to 17:30 pm

Coffe Break

17:30 to 18:45 pm

How does the application of the training
method create the difference?

Patrick Sang

18:45 to 19:15 pm

Roundtable

Nic Bideau,
Tomasz
Lewandowski,
Jordi Toda,
Patrick Sang

19:15 to 19:30 pm

Closing Act

ORGANIZED BY



WITH THE COLABORATION

