

The Science & Practice of High Performance Middle Distance Running Symposium

Sunday 3 November 2019, 10am - 4pm

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

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