



MARATHON MEDICINE 2017
THE 34TH LONDON MARATHON MEDICINE CONFERENCE
RIBA, 66 Portland Place, London, W1B 1AD
Saturday 22nd April 2017
9am to 1pm

Conference Programme

08h15	COFFEE AND REGISTRATION
09h15	WELCOME
09h20	NO PAIN, NO GAIN? – OPTIMISING ATHLETIC RECOVERY <i>Dr. Ken van Someren. Director of Research and Development at the GSK Human Performance Laboratory, UK</i>
09h50	PSYCHOBIOLOGY OF ENDURANCE PERFORMANCE <i>Prof. Samuele Marcora. Professor of Sport and Exercise Science, University of Kent at Medway, UK</i>
10h20	TRAINING FOR PERFORMANCE OR JUST HARD TRAINING? AVOIDING THE NUMBER ONE MISTAKE MADE BY DISTANCE RUNNERS <i>Dr. Steve Ingham. Director and Performance Consultant Supporting Champions</i>
10h50	FLUID AND CARBOHYDRATE BREAK
11h20	ALL OVERUSE RUNNING INJURIES ARE PREVENTABLE <i>Dr. Rasmus Nielsen. Post-Doctoral researcher, Aarhus University, Denmark</i> <i>And Dr. Andrew Mitchell. Head of School for Sport Science and Physical Activity, University of Bedfordshire, UK</i>
12h20	ROUND TABLE/QUESTION AND ANSWER SESSION WITH SPEAKERS
13h00	CLOSE

For further information and to register for a place please visit the website:

<http://marathonmedicine2017.eventbrite.co.uk>

Attendance is free but spaces are limited so please register **ASAP** online.