

TECHNICAL SCIENTIFIC UPDATE CONFERENCE

RESERVED FOR TECHNICIANS, INSTRUCTORS, COACHES, MANAGERS AND COLLABORATORS, COMPANIES AND ASPIRING TECHNICIANS

METHODOLOGICAL AND SCIENTIFIC ASPECTS OF THE TRAINING OF THE OVER 35 COMPETITIVE ATHLETE

MARINA DI GROSSETO 14 MAY 2022
AT THE HOTEL TERME MARINE LEOPOLDO II

CONVENTION REGISTRATION FEE 20 EURO | REGISTRATIONS BY MAY 5, 2022

SPONSORED BY



Comune di Grosseto



TERME MARINE
LEOPOLDO II
TUSCANY GRAND HOTEL SPA & RESORT



PLAN

FROM 2.30 PM TO 3.00 PM

ACCREDITATION

FROM 3.00 PM TO 3.30 PM

GREETINGS AND SPEECHES FROM THE CITY AUTHORITIES AND THE WORLD OF SPORT

FROM 3.30 PM TO 4.20 PM

DOTT. LUCA GATTESCHI

PHYSIOLOGICAL RESPONSES TO TRAINING IN THE MASTER ATHLETE. WHAT CHANGES WITH AGE

FROM 4.20 PM TO 5.10 PM

PROF. MIMMO DI MOLFETTA

NEURO-MUSCULAR QUALITIES: CHARACTERISTICS AND TRAINING IN RELATION TO AGE

FROM 5.10 PM TO 6.10 PM

PROF. FULVIO MASSINI

TECHNICAL AND BIOMECHANICAL ANALYSIS IN THE EXTENDED MIDDLE DISTANCE COURSE, THE HALF MARATHON AND THE RUNNER MARATHON OVER 35 COMPARED BETWEEN ABSOLUTE AND OVER 35.

FROM 6.00 PM TO 7.00 PM

QUESTION TIME

FOR INFO: 348.9628608 GIANFRANCO BELLUOMO
320.9370254 ROBERTO MAZZANTINI

REGISTRATION BY BANK TRANSFER TO THE FOLLOWING IBAN:

IT97K0503414302000000004227 SWIFT CODE **BAPPIT21360**

HEADED TO: ASD TRACK&FIELD MASTER GROSSETO
CAUSAL: CONVEGNO MARINA DI GROSSETO
SEND ACCOUNTANT TO: ITALIAKITMASTER@GMAIL.COM



FEDERAZIONE ITALIANA
DI ATLETICA LEGGERA



Centro Studi e Ricerche



FEDERAZIONE ITALIANA
DI ATLETICA LEGGERA

Comitato Regionale **TOSCANA**



EUROPEAN MASTERS ATHLETICS

