

International Technical Workshop

Why cross country?

Cross country and its added value

This event is valid for 0,5 credit points for FIDAL coaches

December 10th, 2022

Teatro Concordia, Venaria Reale (To)



3.00pm	Participants accreditation
3.30pm	Opening statements by Mr. Stefano Mei , President of FIDAL and Mr. Luigi Chiappero , lawyer and President of La Mandria Park
	Introductory speech by Dr. Antonio La Torre , FIDAL Head Coach
	Chairs of the Workshop: Ms. Chiara Elisabetta Franzetti and Dr. Nikos Tzouroudis (Juventus Staff)
3.45pm	Dr. Nicola Silvaggi : Neuromuscular aspects for long distance runners: Comments on different running disciplines
4.05pm	Dr. Massimo Magistrali & Dr. Federico Bristot , Functional testing for endurance athletes
4.25pm	Mr. Massimo Pegoretti (Yeman Crippa coach; 10.000m European Champion, Munich 2022) and Ms. Jenny Meadows (Keely Hodgkinson coach in collaboration with her husband Trevor Painter, silver medal winner in the 800m at the 2020 Tokyo Olympics): A comparison between current experiences: What and how much does cross country running affect in the training techniques of these two champions
4.55pm	Coffee break
5.05pm	Ms. Paula Radcliffe (2005 World Marathon Champion and European Marathon Record Holder): Live from Manchester. Mr. Serhiy Lebid , (Multi-time European Cross Country champion): Comparison of successful past experiences: why is cross country running important for training technique?
5.25pm	Mr. Jakob Larsen (Head of International Events organization for WA): Where will cross-country running go in the future?
	Q&A and closing statements



To accredit yourself, write to elisabettaartuso74@gmail.com

