



Dipartimento di Scienze Motorie, Umane e della Salute

INTERNATIONAL SEMINAR

March 24 14.30

Aula Ponte Milvio (PM2), Via dei Robilant ,1 00135 Roma

Endurance training for single and multidiscipline sports: New perspectives.

14:30 Accredito Tecnici FITri

14:45 Introduction: Prof.ssa Maria Francesca Piacentini
University of Rome "Foro Italico"

15:00 "Manipulating Cognition to Improve Endurance Performance"

Prof. Samuele Marcora University of Kent

16:00 "What can we learn from multidiscipline sports?"

Prof. Veronica Vleck University of Lisbon

17:00 "Triathlon Olimpico: Aspetti metodologici dell'allenamento moderno"

Dr. Andrea Di Castro FiTRI (Italian triathlon Federation)