

FRIDAY 26th November		
Time	Title	Speaker
1 SESSION: NUTRITION FOR PARA-ATHLETES (9:00-11:00)		
	Welcome by Antonio Paoli, ESNS Presidente	Chair: Kristin Jonvik (NOR)
9:00-9:30	Nutrition needs / thermoregulation	Liz Board (AUS)
9:30-9:50	Energy expenditure: what do we know/metodology	Julia Baumgart (NOR)
9:50-10:10	Differences in body composition in various wheelchair sports/energy availability/supplementation	Joelle Flueck (NOR)
10:10 - 10:30	Sport Nutrition in a para-perspective - lack of scientific documentation vs. performance	Kristin Jonvic (NOR)
10:30-10:50	Presentation of the ParaNut project	Jan-Willem Van Dijk and Vera Weijer (NED)
	Panel discussion: challenges in practical works	
2 SESSION: OPTIMIZING DIET FOR ENDURANCE SPORT (11:00 - 12:00)		
11:00-11:30	Protein for aiding adaptation to endurance training	Mette Hensen (DEN)
11:30-12:00	Periodized carbohydrate intake during endurance training	TBD
3 SESSION: NUTRITION FOR OPTIMIZING BODY COMPOSITION (13:00-14:30)		
		Chair: Ina Garthe
13:00-13:40	Nutrition and its effect on muscle mass during hypertrophy training regime	Luc van Loon (NED)
13:40-14:10	Fighting for gold-plated weight-in: does performance-enhancing weight loss regimen exist or are we chasing utopia?	Ina Garthe (NOR)
	Panel discussio: athlete sharing experience and strategy prior, during and after weight-ins	
4 SESSION: VEGETARIAN ATHLETES (14:30-15:45)		
		Chair: Truls Raastad (NOR)
14:30-15:10	How to cover the nutritional needs for the vegetarian athlete	Askes Jeukendrup (DEN)
15:10-15:40	Protein quality in vegan vs. animal food	Oliver Witard (UK)
5 SESSION: INDIVIDUALIZED SPORT NUTRITION (16:00-17:30)		
		Chair: Mette Hansen (DEN)
16:00-16:30	Nutrition and immunity- what is important for elite athletes	Neil Walsh (UK)
16:30-17:00	Calculating individual protein needs through amino acids oxidation	Daniel Moore (CAN)
17:00-17:30	Maximal rates of fat oxidation	Jørn Wulf Helge (DEN)
	END OF DAY 1	

SATURDAY 27th November		
Time	Title	Speaker
6 SESSION: SUPPLEMENTS (9:00-11:00)		
		Chair: Ina Garthe (NOR)
9:00-9:40	Benefits of supplements use (prevalence, beneficial aspects, performance supplements)	Hans Geyer (GER)
9:40-10:10	Risks of supplements use (risks regarding general contamination, GMP, high intakes, doping)	Hans Braun (GER)
7 SESSION: NUTRITION FOR REHABILITATION (10:30-11:45)		
		Chair: Antonio Paoli (ITA)
10:30-11:00	Nutrition for rehabilitation	TBD
11:00-11:30	OLT practice for rehabilitation	Ina Garthe and Eric Iversen (NOR)
	Panel discussion: Athlet experiences in repeated rehab	
8 SESSION: RED-S IN THEORY AND SCIENCE (12:30-14:30)		
12:30-12:50	What is RED-S and how prevalent is it?	Chair: Ina Garthe
12:50-13:10	Men, women and high risk sports	
13:10-13:30	Prevention and treatment: literature vs. "hands on" experience from the Healty Sport	
13:30-13:50	RED-S for appearance or RED-S for the Gold Medal - how does this specification influence treatment?	
14:10-14:30	Periodization: most important tool for preventing RED-S in elite athletes?	
	Closing Remarks	
	END OF THE CONFERENCE	