

CYCLING MEDICINE SEMINAR



ADELAIDE SUPER-DROME

Saturday 7 November 2009

In response to the success of Cycling Medicine Down Under Conference held last January, Learning and Leisure has developed a one-day seminar on Cycling Medicine with an emphasis on Physiology. Plenary sessions are coupled to practical workshops that will extend participants' knowledge and practice of cycling. The program is aimed at anyone who has an interest in cycling performance and who wishes to improve their cycling techniques.



David Martin PhD

Senior Sports Physiologist
Australian Institute of Sport
Research Interests

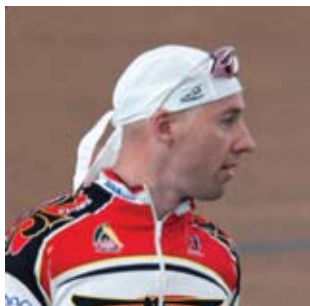
- Fatigue management
- Training - performance modelling
- Thermoregulation
- Altitude training
- Competition analysis



Tammie Ebert PhD

Senior Coordinator
National Talent Identification and
Development Program

- Australian National Womens Cyclist
- Physiologist
- Former Head of the TIS Sports Science



Brett Aitken OAM

One of Australia's most accomplished
cyclists:

- Olympic Gold, Silver and Bronze
- Commonwealth Games Gold x 2
- Goodwill Games Gold
- World Champion
- National Championship Gold x 17
- Tour Down Under Sprint Champion

Program

Registration will commence with coffee at 9 am.

Morning Session with David Martin
and Tammie Ebert

- Physiological characteristics of the best cyclists in the world
- Physiological demands of competition
- Training progression improving relevant physiological capacities
- Environmental and nutritional and psychological factors influencing the training-response relationships
- Demands of competition in road racing
- Demands of hill climbing
- Influence of hydration on hill-climbing performance
- Physiological testing of cyclists

Afternoon Session with Brett Aitken on
the Super-Drome Track

- Fitness
- Track work
- Competition riding
- Sprint championships

The event will conclude at 5 pm.

Inclusions

Entry to academic and workshop sessions,
sprint bike hire, teas and lunch, and
conference handouts.

What to bring

Your pedals and bike shoes or sneakers,
universal bike tool, comfortable bike clothing.
Change rooms and showers available.



the best mix of education and lifestyle

ABN 96 129 409 463

Places Limited Book Early
see website for more details and register online

Visit www.learningandleisure.com.au Email events@learningandleisure.com.au Phone 08 8267 6660