

Dear participants of the 2023 European Athletics endurance coaching summit series in Copenhagen

First and foremost, we the organizers, are looking forward to welcoming you in Denmark in less than two weeks. With a busy summer with a lot of championships it is now time to recoup and get inspiration for the winter awaiting. This is why we are planning this endurance summit in corporation with European Athletics and Copenhagen Half Marathon to help coaches and athletes to be as great as possible for next year's championships.

With both the Paris Olympic games and U20 Worlds, European athletes are being tested at the highest level, and we hope this summit can help more European athletes succeed. With the subtopic 'From European talent to international senior level' we have invited speakers with knowledge of every step of the journey – all with a European perspective on things, but always curious enough to gather experience from outside of Europe.

We have gathered speakers who are interested in sharing their knowledge on topics related to the junior athletes currently doing great. But they also acknowledge that the step-up to the senior level is significant, and that professionalism and correct guidance is very important to achieve success as a senior athlete. Besides the formal program we hope that this is also an opportunity to mingle with similar minded coaches, and that relations can be built across borders as well. That is the reason we have prioritized time from Saturday evening to a more relaxed dinner and some time to socialize.

The Endurance summit will be held at the Danish House of Sports in Brøndby, where most of the Danish sport federations have their office. Besides that, Team Denmark, our elite sports organization is located here. This ensures that the environment for this summit will be ideal, as they are used to hosting similar setups related to other sports. Your key to your rooms will be accessible from 14:00, and the first speaker will be at 16:00 on September 15th. The program can be seen in further detail below. The summit will end in the center of Copenhagen with an easy commute with the Metro to the airport or to sightsee some of Copenhagen.

We do not provide any shuttle service from the airport to The House of Sports, but with only 20 min by taxi or 45 min by public transportation and a big spread of needs we have decided this is the best solution.

The address of the House of Sports is:

Brøndby Stadion 20,
2605 Brøndby
Denmark

Entrance to the reception:

<https://goo.gl/maps/v2wySiyfBRRHQicj8>

A short presentation of the speakers below can be found on this link:

<https://dansk-atletik.dk/atleter/coaching-summit-series-copenhagen/speakers/>

PROGRAM

Friday 15th of September

- 16:00 Welcome presentation – Mikkell Larsen, Head of Sports performance and CEO, Danish Athletics
- 16:30 Barry Fudge, setting the stage.
- 18:00 Prof. Nikolai Nordsborg, Asle Rønning Tjelta and Henrik Ingebrigtsen. Hot Topic discussion, Altitude and Lactate guided training.
- 19:30 Dinner buffet
- 20:30 Tomasz Lewandowski and Thomas Dreissigacker, discussion about Team Setups.

Saturday 16th of September

- 09:00 Welcome day 2
- 09:15 Louis Heyer, Assessment of athletes
- 10:45 Asle Rønning Tjelta, The Norwegian model
- 12:15 Lunch
- 13:00 Option 1: Prof. Kristoffer Henriksen, Elite environments
Option 2: Louis Heyer, Gym session for middle-distance athletes
- 14:45 Option 1: Barry Fudge, Best practice of altitude training
Option 2: Tomasz Lewandowski, Training session
- 16:30 Thomas Dreissigacker, Recruitment of athletes to professional teams and hindsight of 2023 season
- 18:00 Peter Thompson, Assessment of the current and potential super shoes/ super spikes technology
- 19:30 Dinner and socializing

Sunday 17th of September

- 8:30 Bus departure to CPH Half Marathon venue
- 9:00 Welcome day 3
- 9:10 Jakob Larsen, Global trends, and development of international running competition structures.
- 10:00 TBA
- 11:15 CPH Half Marathon and mile race.
- 12:30 Peter Thompson, Developing Biokinetics - your athletes' Fourth Energy System.
- 13:45 Closing and lunch

We reserve the rights to make small changes to the program if needed for logistical purposes. There will be refreshments, coffee, fruit etc. available in-between speakers in small 10-15 min breaks. Questions regarding the program can be send to rasmus.folino@dansk-atletik.dk