



Science & Cycling 2018 Conference Program

version 1.2 April 11, 2018

Wednesday 4 July					
08.00	18.00	Foyer Registration Open			
09.00	18.00	Foyer Exhibition			
09.00	09.10	Theatre 1 Welcome		Theatre 2	
09.10	09.40	Charles Dauwe	A Critical confusion		
09.40	10.10	Alain Gros Lambert	What cycling can learn from other sports		
10.10	10.40	Mikel Zabala	Key variables to control the training process in cycling		
10.40	11.00	Foyer Coffee break			
11.00	11.30	Daniel Green	Training and racing in the World Tour		
11.30	12.00	Adrian Rotunno	How do you monitor health in riders in preparation and during a Grand Tour?		
12.00	12.30	Dan Lorang	What changed ? - How Team BORA-hansgrohe evaluates & monitors physiological responses to training and racing periods		
12.30	13.30	Foyer Lunch			
13.20	13.40	Company demonstration in exhibition area / poster visits			
13.40	14.10	Stephen Cheung	Adapting to training and competing in the heat		
14.10	14.40	Hunter Allen	The left/right power measurement		
14.40	15.10	Sylvain Dorel	Optimizing muscle coordination and pedaling technique" what does it mean and is it really beneficial for performance?		
15.10	15.40	Phil Burt	Crank length-the golden bullet fit parameter for aero, power and sustainability/comfort?		
15.40	16.00	Foyer Coffee break			
16.00	16.30	Theatre		Theatre 2	
16.30	16.50	Jeroen Swart	Laboratory performance testing: Validity, reliability and practical relevance, including interesting data from a multiple Tour winner	Jaerich Braeckevelt	Data driven bike fitting
16.50	17.10	Valentin Gallet	Machine learning and physical modelling: optimizing the performance and strategy for time trials	Cedric Lemaitre	First evaluation of an automated system for cyclist's aerodynamic drag assessment
17.10	17.30	Stefan Wolf	Modeling in Road Cycling for Optimal Pacing Strategies: Theory vs. Practice	Tomoki Kitawaki	A pedaling force vector can be represented by the sum of three elemental force vector waveforms
17.30	17.50	Guillaume Lemaitre	Estimate Power without Measuring it: a Machine Learning Application	José Ramon Lillo-Bevia	Validity and Reliability of the Powertap P1 Pedals Power Meter
17.50	18.10	Kevin Poulton	The use of Heart Rate Variability to optimise acute and chronic training loads and recovery in recreational and elite cyclists	Howard Hurst	Magnitude of Translational and Rotational Head Accelerations During Downhill Mountain Biking
18.10	18.10	Robert Stanley	Predicting a Power-Duration Curve in Elite Endurance Track Cyclists		
20.00	23.00	Location to be confirmed Conference Evening			
Thursday 5 July					
08.00	18.00	Foyer Registration Open			
09.00	18.00	Foyer Exhibition			
09.00	09.30	Dominic Micklewright	Human Perception and Cycling: Effort, Fatigue and Performance		
09.30	10.00	Lieselot Decroix	Nutritional Supplements and the Brain	Martin Dobiasch	Guiding athletes through heartrate and power based tasks
10.00	10.20	Darias Holgado Nunez	Null effects of tDCS over the Left Prefrontal Cortex on Self-paced Exercise and EEG	Theo Ouvrard	The new Exposure Variation Analysis (EVA) method to compare pacing strategy and performance during professional time-trial competitions
10.20	10.40	Andy Sparks	Pre-exercise optimisation of the alkalosis response to sodium bicarbonate ingestion: have we been missing its peak ergogenic effect?	Gorkem Aybars Balci	Effects of high intensity continuous and intermittent training strategies used for endurance development on cardio-vascular responses
10.40	11.00	Foyer Coffee break			
11.00	11.30	Sebastian Weber	Metabolic responses in high intensity interval training in elite cyclists – same training different stimulus?!	Geoffrey Millour	Effects of cycling shoe cleat position in performance and physiological variables during cycling and subsequent running in simulated Olympic distance triathlon
11.30	11.50	Bent Ronnestad	Adding vibration to high-intensity intervals increase time at high oxygen uptake in well-trained cyclists	Iris Sachet	Relation between maximal power in sprint cycling, pedal force orientation and strength capability of the main lower limb muscle groups in elite sprint cyclists
11.50	12.10	Alejandro Javaloyes	Training prescription guided by heart rate variability in cycling	Masahiro Fukuda	Connection between Heel Motion and Torque in crank revolution
12.10	12.30	Andrea Giorgi	External training load, performance markers and body composition of professional road cyclists with-in competitive season		
12.30	13.30	Foyer Lunch			
13.20	13.50	Company demonstration in exhibition area / poster visits			
13.50	14.20	Theatre		Theatre 2	
14.20	14.40	Curtis Cramblett	Fixed!: The 4 steps to comprehensive rehabilitation	Cyril Granier	Power and force-velocity relationships during international olympic cross-country mountain bike competitions
14.40	15.00	Wendy Holliday	Kinematics, muscle recruitment patterns and pressure mapping in cycling biomechanics - Recent research findings and practical outcomes	Knut Skovereng	The effect of time trial position on physiological variables in elite cycling
15.00	15.20	Maxime Robin	Muscle-tendon behaviour during sprint in road cyclists: Effect of the force-velocity condition	Matthias Hovorka	Effects of flat and uphill cycling on the power duration relationship
15.20	15.40	Victor Scholler	Effect of mountainbike spigrips® on transmissibility of mechanical vibrations, perceived comfort, muscular activity and hand grip force	Gabriel Martins	The effect of carbohydrate mouth rinse on physical performance during a 24.5 km cycling time trial
15.40	16.00	Nicki Almquist	Effect of including 30-s sprints in prolonged endurance exercise on muscular adaptations and gross efficiency in highly trained cyclists		
16.00	16.20	Foyer Coffee Break			
16.20	16.40	Andrea Wooles	The MacGyver Approach: Research & Innovation on a Budget	Alfred Nimmerichter	Muscle deoxygenation during moderate- and severe-intensity cycling in youth elite-cyclists
16.40	17.00	Stepen Barrett	Developing riders in a pro continental team (working title)	Peter Leo	Muscle deoxygenation kinetics in cycling time trial
17.00	17.20	Richard Anderson	Concussion assessment in cycling: a systematic review and call to action	Erik Kolsung	Physiological response to cycling with variable versus constant power output
17.20	17.40			Mireille Mostaert	Anthropometry, physical fitness, and coordination in young cyclists of different disciplines
17.40	18.00				