



# Science & Cycling 2022 Conference Program

version 1.6 25 June 2022

Tuesday 28 June		
		Lounge
08.00	18.00	Registration Open
		Lounge
09.00	18.00	Exhibition
		<b>Bio 1</b>
09.00	09.05	Welcome
09.05	09.10	Opening
09.10	09.35	<b>Marije Elferink-Gemser</b> Gearing up to the World Tour level - More than 'just' power output
09.35	10.00	Forum Talent Development: Marije Elferink-Gemser, John Wakefield, Jacques Landry
10.00	10.30	<b>Stephen Barrett</b> When to Hop and When to Jump: Steps Taken in the Development Pathway
		Lounge
10.30	10.50	Coffee break
10.50	11.20	<b>Jeroen Swart</b> Return from severe injury. How long does it take to return to play at the highest level.
11.20	11.50	<b>Dajo Sanders</b> Profiling riders and races to inform training practice
11.50	12.20	<b>Anders Piper</b> The invisible aspect
		Lounge/Restaurant
12.20	13.20	Lunch
12.20	13.20	Company demonstration in exhibition area / poster visits
		<b>Bio 1</b>
13.20	13.50	<b>Lars Nybo</b> Preparing for the TDF – go high or go hot ?
13.50	14.20	<b>Carsten Lundby</b>
14.20	14.40	<b>Kevin Caen</b> W' recovery during intermittent exercise: current limitations and future challenges of predictive models
14.40	15.00	<b>Gerrit Glomser</b> Differences in physiological variables of U23 cyclists between normoxia and hypoxia
15.00	15.20	
		Eventsalen
14.20	14.40	<b>Ernst Hansen</b> Freely chosen cadence is increased across repeated bouts of submaximal ergometer cycling
14.40	15.00	<b>Kurt Bergin-Taylor</b> Field-based testing to determine power-cadence and torque-cadence profiles in professional road cyclists
15.00	15.20	<b>Sebastien Duc</b> Effect of pedaling cadence on physiological responses and neuromuscular fatigue during a single interval-training session
		Lounge
15.20	15.40	Coffee break

Bio 1			
15.40	16.40	Stephen Seiler a.o.	Information Flow to support Decisions and Development in Professional Cycling
16.40	17.00	Jelle de Bock	Real-time energy monitoring of track cyclists
17.00	17.30	Arno Knobbe	Day-to-day fitness assessment in cycling, based on a power/heart rate model
Eventsalen			
16.40	17.00	Thomas Fallon	The Knowledge and Attitudes of UCI Competitive Cyclists towards Sports Related Concussion
17.00	17.20	Howard Hurst	Perceptions of cycling helmet safety in relation to sports-related concussion mitigation amongst competitive cyclists
17.20	17.40		
19.00	22.30	Conference evening	

Location tbc

**Wednesday 29 June**

Bio 1			
09.00	09.30	James Hull	Breathing problems in cyclists: getting it right, first time
09.30	09.50	Christoph Triska	Bypass of Respiratory Complex I and its relation to different lactate landmarks – a pilot study
09.50	10.10	Nina Zenger	Does speed influence time to exhaustion at maximal aerobic power in treadmill cycling?
10.10	10.30	James Spragg	Predicting power outputs in a fatigued state: A pilot study
10.30	10.50	Peter Leo	The Compound Score in elite road cycling
Eventsalen			
09.30	09.50	Jamie Pringle	The ergonomics of aerodynamics: solving the positional optimisation puzzle for both biomechanical function and aerodynamic performance
09.50	10.10	Claes Hoegh Cubel	How low can you go – exploring the balance between aerodynamic advantages and restrictions related to reducing the torso-hip angle
10.10	10.30	Georges Soto-Romero	Aerodynamic Drag Between Two Cyclists: Effect of Wheel Rotation
10.30	10.50	Robert Stanley	Position for the Sprint: A performance analysis of intermediate sprints in the Men's Elite Omnium Points Race
Lounge			
10.50	11.10	Coffee break	

Bio 1			
11.10	11.40	Jeroen Swart	Polarised or pyramidal approach to training prescription: What is the evidence and what do we see in practice?
11.40	12.10	Forum Training Methods: Jeroen Swart, Peter Leo, Dajo Sanders	
12.10	12.30		
Lounge/Restaurant			
12.30	13.40	Lunch	

Bio 1			
13.40	14.10	Wendy Holliday	Bike fit: applying the research to the clinic
14.10	14.30	Andy Brooke	Are we closer to understanding the role of the ankle in pedaling?
14.30	14.50	Jon Irriberri	Biomechanical follow up in elite road cycling

14.50	15.10	<b>Felix Imbery</b>	<b>Torque behaviour during cycling sprints from different pedalling frequencies</b>
15.10	15.30	<b>Remi Aubert</b>	<b>Understanding frictions: Methodological guidelines for measuring transmission efficiency</b>
<b>Eventsalen</b>			
14.10	14.30	<b>Jamie Blanchfield</b>	<b>Adolescence to Adulthood, Managing The Key Transitions in Developing Cyclist's Sporting Careers: The Athlete's Perspective</b>
14.30	14.50	<b>Nicki Almquist</b>	<b>Development of cycling performance and performance-related measures in female and male national-level cyclists: From junior to senior level</b>
14.50	15.10	<b>Yann Bertron</b>	<b>Maximal aerobic power-cadence relationship estimation in national level under nineteen cyclists from in-situ data</b>
15.10	15.30	<b>Cedric Lemaitre</b>	<b>Estimation of the drag force: a neuronal approach</b>
<b>Lounge</b>			
15.30	15.50	<b>Coffee break</b>	
<b>Bio 1</b>			
15.50	16.20	<b>Sebastian Weber</b>	<b>Glycolytic Power in Cycling - a brief history of VLamax</b>
16.20	16.50	<b>Robert Lamberts</b>	<b>Measuring sleep, recovery and mental well-being in elite female cyclists; can it be done based on a questionnaire !?!</b>
18.15			<b>Tour de France Teampresentationaround Tivoli Gardens.</b>

**Chairman**

**Robert Lamberts**

**Robert Stanley**

**Marije Elferink Gemser**

**Andy Brooke**

Peter Leo

Felix Imbery

Wendy Holliday

Stephen Seiler



Christophe Triska

