

# European Endurance Conference

Oslo, Norway  
4-6 November 2016

With:  
Vebjørn Rodal  
Gjert Ingebrigtsen  
Zbigniew Król  
Honore Hoedt  
Johan Kaggstad  
Knut Kvalheim  
Henrik B. Larsen  
Frank Brissach  
Marte Bentzen  
Kaja Sætre  
Heidi Holmlund  
Øyvind Sandbakk  
Espen Tønnessen  
Leif Inge Tjelta



Further details will be announced at <http://mosjon.friidrett.no/eec2016>

# European Endurance Conference

Oslo, Norway 4-6 November 2016

## Timetable (may be subject to change)



### Friday 4 November

16:00-17:00	Registration
17:00-17:15	Welcome
17:15-18:00	Burn out among coaches
18:15-18:50	Running injuries and prevention
18:50-19:10	Coffee break
19:10-20:00	Sifan Hassans development as a distance runner
20:30	Dinner

**Marte Bentzen  
Kaja Sætre**

**Honore Hoedt**

### Saturday 5 November

09:00-09:15	Registration
09:15-10:00	800m training for champions
10:05-10:50	The making of world class distance runners
10:50-11:20	Coffee and refreshments
11:20-12:10	Training volume and intensity among international distance runners. Historical trends and current praxis
12:15-13:00	The healthy athlete. The continuum from healthiness to top performance sports
13:00-14:00	Lunch
14:00-14:45	Café dialogue about the following topics: <i>The marathon, The 800 meter, The healthy athlete, Training volume and developmental issues</i>
15:00	Bus to Bærum Idrettspark
15:30-18:00	Workshops and practical sessions Bærum Idrettspark: 1) Running drills and technique in distance running 2) Individualization of strength and power training in middle distance
18:15	Bus to the hotel
20:00	Dinner

**Zbigniew Król  
Johan Kaggstad**

**Leif Inge Tjelta**

**Heidi Holmlund**

**Honore Hoedt(1)  
and Frank Brissach(2)**

### Sunday 6 November

09:30-10:10	Key factors in developing a world champion in endurance sport
10:20-11:00	Training strategies and physical dispositions in Kenyan runners
11:00-11:30	Coffe and refreshments ( <i>check out here or during lunch</i> )
11:30-12:45	Tough enough for Olympic gold! The success factors in 800m-training and competitions
12:45-14:00	Lunch
14:00-14:35	Coaching a large group of distance runners, elite and recreational runners hand in hand
14:40-15:30	Team Ingebrigtsen: the true story. How in a family of nine three brothers have become successful runners with Henrik winning the ECH 1500m in 2012 as the peak so far
15:30-16:00	Closing talk

**Espen Tønnessen**

**Henrik B. Larsen**

**Vebjørn Rodal and  
Øyvind Sandbakk**

**Knut Kvalheim**

**Gjert Ingebrigtsen**



# European Endurance Conference

Oslo, Norway 4-6 November 2016

## ABOUT THE SPEAKERS

### Honore Hoedt

Former national coach (middle- and long distance) in Norway and the Netherlands. Present coach of World Champion Sifan Hassan.

### Vebjørn Rodal

1996 Olympic gold medallist at the 800 meter. He was the Olympic 800m record holder until David Rudisha won his title in London. Vebjørn Rodal is currently working in media as an expert commentator in athletics.

### Johan Kaggestad

The coach of marathoners Grete Waitz and Ingrid Kristiansen. Was involved with Norwegian athletics for a long time and has held the position of national coach for the endurance events. He is nowadays most known for his engagement in TV as an athletics- and cycling commentator.

### Knut Kvalheim

Former long distance runner who sat a total of six Norwegian records and ran 13.20,54 for the 5000m and 27.41,6 for 10000m in the 70's. Has for the last 30 years been a distance-coach in the club IK Tjalve in Oslo and has among many others, been in charge of Susanne Wigene (silver medalist in 10 000 meter in ECH 2006).

### Espen Tønnesen

Ph.D. Scientist and training coordinator in Endurance Sport at the Norwegian Olympic training center in Oslo. He has done a lot of research on the training process of some of the world leading athletes in different endurance sports.

### Henrik B.Larsen

Ph.D. Danish researcher at Copenhagen Muscle Research Center. Henrik Larsen has studied the training strategies of the Kenyan Runners over many years. He has written many articles focusing on different aspects about their training culture and training methods.

### Heidi Holmlund

Clinical nutritionist working for Healthy Sports. She has for the last ten years worked for the Olympic committee with issues related to performance nutrition, weight regulation and eating disorders.

### Øyvind Sandbakk

Ph.D. Associate University Professor at NTNU, institute for neuromedicine, and leader of Granåsen Center for elite sports research.

### Leif Inge Tjelta

Ph.D. Scientist and coach at the University of Stavanger. He has published many articles about middle- and long distance training and is a specialist in training theory and physiology.

### Kaja Sætre

Physical therapist with specialization in sports and a Masters degree in shoulder pain. Kaja is a member of the medical team in Norwegian Athletics for seven years.

### Marte Bentzen

Ph.D. Scientist at the Norwegian Sports University. She has studied the process of burn out among elite sport coaches, and will present data from her research. Track and field coaches in Norway and Sweden is part of the population studied.

### Zbigniew Król

He has been the personal coach of polish 800m runner and silver medallist in Beijing 2015, Adama Kszczot, for many years and is also the coach of the Danish 800m runner Andreas Bube.

### Frank Brissach

Former coach of Vebjørn Rodal with a special interest in power, coordination drills and strength training for middle distance. Has also been involved in the strength training of Henrik Ingebrigtsen.

### Gjert Ingebrigtsen

Coach and father of "The Ingebrigtsen brothers" (Henrik, Filip, Jakob) and their four siblings. Also plays an important role in the Norwegian TV-show featuring the Ingebrigtsen-family.



Book online at <http://mosjon.friidrett.no/eec2016>

# European Endurance Conference

Oslo, Norway 4-6 November 2016

## Welcome to Oslo and the European Endurance Conference 4.-6.november 2016

The Norwegian Athletics Coaches Association in cooperation with The Norwegian Athletics Federation has the pleasure of inviting you to The European Athletics Coaching Summit seminar - European Endurance Conference 2016. The dates are 4-6 November, and the program will be held in English. This is also our 25 year anniversary coaches seminar and there will be a program for the other athletics event groups as well. This program will be in Norwegian, but some of the lectures will be in English by foreign speakers. The participants at the Summit seminar can also take part in these lectures. The program for this part of our conference will be ready in the middle of September.

This years conference will take place in Oslo where the conference hotel is situated downtown at the high quality Clarion Hotel Royal Christina. For our international participants we recommend that You stay at the official conference hotel, but Oslo of course offers a big variety of accomodation possibilities. Practical sessions will be held in an athletics hall about 30min bus drive away. The bus ride is free of charge for the conference participants. All practical sessions are held after lunch on Saturday.

The entry deadline is September 1st for a reduced rate and then October 15th for price. We have different packages from day passes to full program with room and full board (breakfast, lunch, 3 course dinner as well as refreshments/fruit between meals). Please see under for prices. Welcome to Oslo in November!

Sincerely, Lars Ola Sundt Chairman Norwegian Athletics Coaches association



**Total package single room:**  
Conference fee incl. full board (breakfast, lunch, 3 course dinners and refreshments), **single** room Fri-Sun

**Until 1. Sept: NOK 5350;-**      **2. Sept-15.Oct: NOK 5600;-**

**Total package double room:**  
Conference fee incl. full board (breakfast, lunch, 3 course dinners and refreshments), **double** room Fri-Sun

**Until 1. Sept: NOK 4500;-**      **2. Sept-15.Oct: NOK 4750;-**

**per person**



**Conference fee:**  
NOK 2450 before 1.Sept  
NOK 2700 between 2.Sept  
and 15. Oct.

Conference fee includes lunch sat and sun, refreshments and bus transport to the practical sessions.

**Day passes:**  
Friday NOK 700  
Saturday NOK 1300  
Sunday NOK 1200

Fees includes lunch, refreshments and bus transport.

**Accommodation per. night (including breakfast):**  
Single room NOK 1000  
Double room NOK 1150

Prices if booked before 1. Sept.

**Dinners (included in full board):**  
3-course dinner  
Fri/Sat NOK 490



**Book online at <http://mosjon.friidrett.no/eec2016>**