

Program:

Friday November 27th

12.00 – 17.00	Arrival
17.00 – 18.00	Dinner
18.00	Opening of Conference
18.00 – 20.30	David Lowes: National training system in England David Lowes: English training methods from youth to adulthood

Saturday November 28th

07.00	Voluntary practise for participants by running
07.30 – 08.30	Breakfast
08.30 – 11.00	Distance running development in Finland
08.30 – 09.15	Tommy Ekblom: National training system in Finland
09.15 – 10.30	Jukka Keskiälö: The road to top results
10.45 – 11.30	Ari Nummela: The practical use of long-distance research in Finland
11.30 – 12.30	Lunch
12.30 – 14.00	Luis Miguel Landa: National training system in Spain
14.00 – 15.30	Tomasz Lewandowski: Marcin Lewandowski's road in Poland's national training system
15.30 – 16.00	Coffee break
16.00 – 18.00	Demonstrations on exercises: Tomasz and Marcin Lewandowski
18.00 – 20.00	Sauna
20.00 – 22.00	Dinner

Sunday November 29th

07.00	Voluntary practise for participants by running
07.30 – 08.30	Breakfast
08.30 – 11.00	Workshops for the development of young talented runners
11.00 – 12.00	Lunch
12.00 – 13.30	Ulf Riberg: Mustafa Muhamed's training methods from youth to adulthood
13.30 – 14.00	Coffee break
14.00 – 15.00	Summary and ending of Conference