

## Provisonal program



LEADERS IN  
PERFORMANCE  
CONFERENCE  
SPORTS NUTRITION

### Thursday 29 October 2020

09:00-09:30 **Opening**  
Asker Jeukendrup  
Maurits Hendriks or Pieter van den Hoogenband, TeamNL TBC

#### MORNING SESSION

Chair morning session: TBD

09:30-10:10 **Why evidence based?**  
Michael Joyner  
Mayo Clinic, Rochester, USA

10:10-10:50 **How evidence based? From science to practice**  
Asker Jeukendrup  
Loughborough University, UK; TeamNL, Netherlands

10:50-11:20 **Break**

11:20-12:00 **Protein before sleep, when to use when not to use?**  
Jorn Trommelen  
Maastricht University, Netherlands

12:00-12:30 **Speedupdating with Mark Tuitert**

12:30-13:30 **Lunch**

#### AFTERNOON SESSION

Chair afternoon session: Jan Willem van Dijk

13:30-14:10 **Bone health in athletes**  
Craig Sale  
Nottingham Trent University, UK

14:10-14:50 **Disordered eating in sport**  
Jorunn Sundgot Borgen  
Norwegian School of Sport Sciences, Norway

14:50-15:30 **Break**

15:30-16:00 **Speedupdating with Mark Tuitert**

TBD Social program

TBD Dinner

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### Thursday 30 October 2020

07:00 Run

#### MORNING SESSION

Chair morning session: TBD

09:00-09:40 **Periodised nutrition**  
Trent Stellingwerff  
Canadian Institute of Sport, Victoria, Canada

09:40-10:20 **The injured athlete**  
Olly Witard  
University College London, UK

10:20-11:00 **Nutritional considerations for female athletes**  
Kirsty Elliott-Sale  
Nottingham Trent University, UK

11:00-11:30 Break

11:30-12:00 **Olympic Games what have we learned?**  
Trent Stellingwerff, Shona Halson, Asker Jeukendrup  
Canada, Australia, Netherlands

12:00-12:30 **Speedupdating with Mark Tuitert**

12:30-13:30 Lunch

#### AFTERNOON SESSION

Chair morning session: TBD

13:30-14:10 **Personalised nutrition and the role of nutrigenomics**  
Michael Joyner  
Mayo Clinic, Rochester, USA

14:10-14:50 **Nutrition and sleep**  
Shona Halson  
Australian Catholic University, Melbourne, Australia

14:50-15:20 Break

15:20-16:00 **Tour de France 2020**  
TBD

16:00-16:20 **Speedupdating with Mark Tuitert**

16:20-16:30 Closing

16:30 Drinks reception