



PAJULAHTI ENDURANCE CONFERENCE

24.-26.11.2017

The traditional Pajulahti Endurance Conference will be organized in co-operation with **European Athletics (EA)**, **Finnish Athletics Federation (FAF)**, **Finnish Olympic Committee**, **KIHU – Research Institute for Olympic Sports** and **Pajulahti Olympic Training Center**.

MAIN THEMES:

- Trainign in middle distance running and race walking
- Endurance athletes health
- Co-operation between different endurance sports
- Paralympic point of view in endurance sports

CONTACT PERSONS:

NIKKE VILMI

Coaching Developer
+358 44 7755 364
nikke.vilmi@pajulahti.com

RAMI VIRLANDER

Coach
Endurance Sports
+358 44 538 3057
rami.virlander@pajulahti.com

INFO

Speakers:

- **Amel Tuka**, 800m World Championship medallist
- **Gianni Ghidini**, Amel Tuka's coach
- **Johan Wettergren**, Lovisa Lindh's (800m Swedish record 1.58,77) coach, Head Coach of Swedish distance running
- **Andi Drake**, Race Walking Coach at British Athletics and Endurance Technical Advisor for England Athletics
- **Maarit Valtonen**, Medical director in Finnish Olympic Committee's High Performance Unit and KIHU -Research Institute for Olympic Sports
- **Ari Nummela**, Chief Specialist in sports physiology and a director of a research unit in KIHU - Research Institute for Olympic Sports
- **Olli-Pekka Kärkkäinen**, High Performance coordinator in Finnish Olympic Committee's High Performance Unit
- **Kalle Virtapohja**, Ph.D, an author and sports journalist and the President of the Finnish Sports Writers' Association.

Conference fee:

340 € / person

Including accommodation in double room (2 nights), meals, conference programme and materials

Single room for an additional 30 € / night

Registration:

<http://pajulahti.com/olympictrainingcenter/pajulahti-endurance-conference/?lang=en>



Pajulahti

Pajulahti Olympic & Paralympic Training Center
Pajulahdentie 167, FIN-15560 Nastola
tel. 03 885 511

www.pajulahti.com



PRELIMINARY PROGRAMME

24.-26.11.2017

Friday 24.11.2017

		Place
16:00 - 17:15	Dinner	Restaurant
17:15 - 17:45	Opening	Auditorium
17:45 - 19:15	Lecture	Auditorium
19:15 - 19:30	Coffee break	Classroom 1
19:30 - 20:30	Lecture	Auditorium
20:30 - 21:00	Lecture	Auditorium

Chairman:

Kalle Virtapohja: Paavo Nurmi – Running My Way
 Johan Wettergren – Swedish model in middle distances and Lovisa Lindh's training

Andi Drake – Training Organisation in Great Britain: long distance running and race walking
 Ari Nummela – Training diary, programs and applications

Saturday 25.11.2017

		Place
07:15 - 08:15	Breakfast	Restaurant
08:30 - 09:30	Lecture	Auditorium
09:30 - 09:45	Coffee break	Classroom 1
09:45 - 11:15	Lecture	Auditorium
11:45 - 12:45	Demonstration	Pajulahti-hall
13:00 - 14:00	Lunch	Restaurant
14:15 - 16:15	Lecture	Auditorium
16:15 - 16:45	Coffee break	Classroom 1
16:45 - 17:45	Lecture	Auditorium
17:45 - 18:15	Lecture	Auditorium
18:30 - 19:30	Demonstration	Nikula-hall
19:30 - 21:00	Sport and Sauna	Pajulahti
21:00 ->	Banquet	Restaurant

Chairman: Rami Virlander

Andi Drake – Race Walking Training in Great Britain

Aleksi Ojala, Jani Lehtinen and Esa Hynynen – Aleksi Ojala's training and Finnish testing system in race walking
 Johan Wettergren – Practical demonstration

Chairman: Ari Nummela

Gianni Ghidini and Amel Tuka – Bungei in 2003 vs Tuka in 2015: 2 different ways to run 1:42,5 in 800 meters

Paralympic lecture (TBA)
 Rami Virlander – Finnish endurance sport project
 Aleksi Ojala – Practical demonstration

Sunday 26.11.2017

		Place
07:15 - 08:45	Breakfast	Restaurant
09:00 - 10:00	Lecture	Auditorium
10:00 - 10:30	Lecture	Auditorium
10:45 - 11:15	Coffee break	Pajulahti-hall
11:15 - 12:15	Demonstration	Pajulahti-hall
12:30 - 13:00	Panel discussion	Pajulahti-hall
13:00 ->	Lunch	Restaurant

Chairman: Olli-Pekka Kärkkäinen

Maarit Valtonen – Health in endurance sports
 Olli-Pekka Kärkkäinen – Endurance sports in Finland

Gianni Ghidini and Amel Tuka – Practical demonstration



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