

TUESDAY 28 JUNE

- 8:00 – 9:00** Breakfast
- 9:00 – 9:05** Opening Remarks (Associate Professor Morten Hostrup, University of Copenhagen, Denmark)
- Theme **PERFORMANCE & ANGIOGENESIS**
- Chair: Morten Hostrup (Associate Professor, University of Copenhagen, Denmark)
- 9:05 – 9:45** *The 1:50 marathon – Sports science or dystopia* (Professor Michael Joyner, Mayo Clinic, USA)
- 9:45 – 10:15** *The greatest, the fakest, and the real sub2 marathon* (Professor Yannis Pitsiladis, University of Brighton, United Kingdom)
- 10:15 – 10:40** Q&A and Panel Discussion
- 10:40 – 11:00** Coffee Break
- Chair: Hannah Caldwell (Ph.D. Student, University of Copenhagen, Denmark)
- 11:00 – 11:35** *Central limitations for performance* (Professor José Calbet, University of Las Palmas de Gran Canaria, Spain)
- 11:35 – 12:10** *Peripheral limitations for performance: Muscle capillarization* (Associate Professor Lasse Gliemann, University of Copenhagen, Denmark)
- 12:10 – 13:00** Lunch Break

- Theme **PERFORMANCE ENHANCING SUBSTANCES AND ANTI-DOPING**
- Chair: Sophie Møller (Post Doc, University of Copenhagen, Denmark)
- 13:00 – 13:30** *What's the evidence? Considerations within doping research* (Associate Professor Morten Hostrup, University of Copenhagen, Denmark)
- 13:30 – 14:00** *Metabolism of anabolic agents* (Adjunct Professor Lena Ekström, Karolinska Institute, Sweden)
- 14:00 – 14:20** Coffee Break
- Theme **PERFORMANCE ENHANCING SUBSTANCES AND ANTI-DOPING (CONT.)**
- Chair: Søren Jessen (Post Doc, University of Copenhagen, Denmark)
- 14:20 – 14:50** *EPO and its abuse in sports* (Yvette Dehnes, Ph.D., Lab Director, Norwegian Doping Control, Norway)
- 14:50 – 15:30** *Mass spectrometry in sports drug testing – Analytical approaches and the athlete's exposome* (Professor Mario Thevis, German Sport University Cologne, Germany)
- 15:30 – 16:00** *Anti-doping today – are we on the right track?* (Jakob Mørkeberg, Ph.D., Anti-Doping Danmark, Denmark)
- 16:00 – 16:30** Panel Discussion

WEDNESDAY 29 JUNE

- 8:00 – 9:00** Breakfast
- Theme **GLYCOGEN – OUR PERFORMANCE FUEL?**
- Chair: Carlos Henriquez Olguín (Post Doc, University of Copenhagen, Denmark)
- 9:00 – 9:20** *Why does glycogen matter?* (Professor Jørgen Jensen, Norwegian School of Sports Science, Norway)
- 9:20 – 9:40** *The role of glycogen in athletic performance and muscle function* (Professor Niels Ørtenblad, University of Southern Denmark, Denmark)
- 9:40 – 10:00** *Muscle glycogen and endurance at the subcellular level* (Associate Professor Joachim Nielsen, University of Southern Denmark, Denmark)
- 10:00 – 10:30** Panel Discussion
- 10:30 – 10:50** Coffee Break
- Theme **TYPE I DIABETES**
- Chair: Jørgen Jensen (Professor, Norwegian School of Sports Science, Norway)
- 10:50 – 11:20** *The professional athlete with Type I diabetes* (Sam Scott, Ph.D., Team Novo Nordisk, USA)
- 11:20 – 11:40** Q&A and Conversation
- 11:45 – 12:30** Student Oral Presentations
- 11:45 – 11:55** *Harry Taylor* (Liverpool John Moores University, United Kingdom)

- 11:55 – 12:05** *Jonathan Graae* (University of Copenhagen, Denmark)
- 12:05 – 12:15** *Sarah de Jager* (Ghent University, Belgium)
- 12:15 – 12:25** *Mikkel Oxfeldt* (Aarhus University, Denmark)
- 12:30 – 13:20** Lunch Break
- Theme **CONTEMPORARY THEMES IN CYCLING SCIENCE**
- Chair: Andreas Breenfeldt Andersen (Post Doc, University of Copenhagen, Denmark)
- 13:20 – 14:00** *Master cyclists: A model of healthy human ageing* (Professor Stephen Harridge, King's College London, United Kingdom)
- 14:00 – 14:40** *The great debate: Volume vs. intensity to promote mitochondrial adaptations* (Professor David Bishop, Victoria University, Australia)
- 14:40 – 15:00** Coffee Break
- Theme **ERGOGENIC AIDS**
- Chair: Kate Wickham (Research Coordinator, University of Copenhagen, Denmark)
- 15:00 – 15:30** *Ergogenic aids: How do they or could they work?* (Professor Lawrence Spriet, University of Guelph, Canada)
- 15:30 – 16:00** *Muscle carnitine: A central role in fuel selection* (Professor Paul Greenhaff, University of Nottingham, United Kingdom)
- 16:00 – 16:30** Panel Discussion

THURSDAY 30 JUNE

- 8:00 – 9:00** Breakfast
- Theme **CHALLENGES: ATHLETES & SPORTS**
- Chair: Morten Hostrup (Associate Professor, University of Copenhagen, Denmark)
- 9:00 – 9:25** *How much can the tendons tolerate?* (Professor Michael Kjær, University of Copenhagen, Denmark)
- 9:25 – 9:50** *Bronchial hyperresponsiveness in asthma and elite athletes* (Clinical Associate Professor Vibeke Backer, University of Copenhagen, Denmark)
- 9:50 – 10:15** *Respiratory limitations to performance – Thinking beyond asthma* (Consultant Respiratory Physician James Hull, Ph.D., Royal Brompton Hospital, United Kingdom)
- 10:15 – 10:35** Coffee Break
- 10:35 – 12:30** Student Poster Session
- 12:30 – 13:20** Lunch Break
- Theme **CHALLENGES: ATHLETES & SPORTS (CONT.)**
- Chair: Camilla Hansen (Post Doc, University of Copenhagen, Denmark)
- 13:20 – 13:50** *The impact of oral contraceptives on training responsiveness in female athletes* (Associate Professor Mette Hansen, Aarhus University, Denmark)
- 13:50 – 14:20** *Performance & prolonged caloric restriction* (Associate Professor Anna Melin, Lund University, Sweden)
- 14:20 – 14:40** Q&A and Panel Discussion
- 14:40 – 15:00** Coffee Break
- Theme **CHALLENGES: ATHLETES & SPORTS (CONT.)**
- Chair: Vibeke Backer (Clinical Associate Professor, University of Copenhagen, Denmark)
- 15:00 – 15:40** *COVID-19 & athletes: Returning to sport* (Consultant Respiratory Physician James Hull, Ph.D., Royal Brompton Hospital, United Kingdom)
- 15:40 – 16:00** Awards & Closure of Symposium
- 16:00 – 16:30** Reception

