

## Coaching Endurance Athletes: Effective Systems, Processes and Methods

The development of fast, adaptable, increasingly capable, confident and successful endurance runners is certainly not simple. Today's endurance running coach requires a breadth of knowledge and a sharpness of thought more sophisticated than ever before. Accordingly, making well-informed decisions is central to becoming an effective endurance running coach. It is the aim of this conference, based on the insights, perspectives and experiences of five international presenters, to foster and support such purposeful decision making for every level of endurance running coach.

**December 11 - 13, 2015**

**Westin Wall Centre** 3099 Corvette Way, Richmond, BC, V6X4K3

Call 604-303-6565 or call Toll Free at 1-866-932-7742 and reference

"Canadian Athletics Coaching Centre U of A"

**Register online at: [www.athleticscoaching.ca](http://www.athleticscoaching.ca)**

**Early Bird Price is \$250 until October 30th, 2015, (Regular Price is \$300)**

**Includes cafe style breakfast, lunch and session coffee breaks**



### PRESENTERS

**Dr. Trent Stellingwerff (CAN)** • Trent serves as the Director of Innovation & Research and Lead of Performance Services at the Canadian Sport Institute Pacific in Victoria, B.C. His primary sport and research foci are physiology and nutrition. He consults with Canada's National Olympic rowing, track and field teams, Cycling and Triathlon programs. Previously, Trent was a senior scientist in Performance Nutrition for PowerBar at the Nestle Research Center. Trent has more than 60 peer-reviewed scientific publications in major scientific and medical journals.

**Nic Bideau (AUS)** • Nic is currently Head Coach of the Melbourne International Track Club. Nic serves as Coach, Manager and Adviser to many of the current world's best middle and long distance runners including: Collis Birmingham, Susan Kuijken, Andy Vernon, Zoe Buckman, Brett Robinson, Mark English and Ryan Gregson. He previously coached 2004 World Cross Country champion Benita Johnson and 2005 World Championships 5000m bronze medalist Craig Mottram.

**Steve Magness (USA)** • Steve is a Houston-based coach, scientist and writer. He currently coaches a group of professional and collegiate runners at the University of Houston, where he is also pursuing his PhD in Exercise Science. Steve has coached several individuals to top 20 performances at world championships and over a dozen Olympic Trials qualifiers. Additionally he is a columnist for *Running Times* magazine and the author of the book *The Science of Running*.

**Ricky Soos (GBR)** • Ricky holds a Bachelor of Science in Physical Education & Sports-Exercise Sciences from Loughborough University. Ricky represented Great Britain in the 800m at the 2003 World Championships and 2004 Olympic Games. Currently Ricky is the middle & long distance coach at ALTIS (formerly World Athletics Center). Prior to that Ricky coached a group of endurance athletes at Loughborough, including his wife Lisa Dobriskey - a World Championships and Commonwealth Games medalist.

**Dan Pfaff (USA)** • Dan is regarded as one of the best track and field coaches in the world today. He has coached Olympic/World/NCAA champions in the sprints, jumps and throws. Dan currently holds the position of Head Coach for the ALTIS (formerly World Athletics Center) in Phoenix, AZ. Dan has also consulted with many of the top endurance running coaches and athletes around the world - providing a fresh perspective on endurance training methodologies.

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## 2015 CANADIAN NATIONAL ENDURANCE CONFERENCE

### Friday, December 11, 2015

Time	Presenter	Topic
17:00 – 18:30		Registration
18:30 – 18:45	<b>Brian Kropman</b>	Welcome Remarks
18:45 – 20:15	<b>Dan Pfaff</b>	What ALTIS Provides A Visiting Endurance Athlete - Benefits From An Integrated & Collaborative Coaching Environment
20:15 – 22:00		Coaches Social & Reception

### Saturday, December 12, 2015

Time	Presenter	Topic
9:00 – 10:30	<b>Nic Bideau</b>	Planning For Australian Endurance Athletes; International Competitive Demands From The Opposite Side Of The Equator
BREAK 10:30 – 10:45		
10:45 – 12:15	<b>Steve Magness</b>	Coaching Considerations Around Social Engineering And Information Flow Within Diverse Training Groups
Lunch 12:15 – 13:15		
13:15 – 14:45	<b>Jim Denison/Dan Pfaff</b>	Adjudicated Assembly: Inter-Panel Challenge
BREAK 14:45 – 15:00		
15:00 – 16:30	<b>Ricky Soos</b>	Lisa Dobriskey Case Study: Individual Considerations on Developing Adaptable Training Modalities
	<b>Trent Stellingwerff</b>	Staying In Touch With The "Social Side" of Coaching - When your Day Job Is Within The Sport-Sciences

### Sunday, December 17, 2015

Time	Presenter	Topic
8:30 – 10:00	<b>Steve Magness</b>	The Magness Litmus Test; Sifting Through & Managing Information in Order to Make Decisions & Apply Direct Interventions
10:00 – 11:30	<b>Nic Bideau</b>	Australian Isolation: Locating Funding/Corporate Support in Order to Sustain a World Class Level Training Group
11:30 – 12:15	<b>Jim Denison</b>	Moving Endurance Training Forward: A Panel Discussion
12:15 – 12:30	<b>Brian Kropman</b>	Conference Closing Remarks

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