

All Russia Athletic Federation  
In conjunction with  
European Athletics Coaching Association



Are hosting an International Coaching Conference

# The Winning Difference

1 - 4 November 2007

## Conference Program

## Focus - Beijing Preparation

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### Thursday 1 November

17.00 (Onwards) Registration

### Friday 2 November

09.00 - 09.15 Conference Opening

09.15 - 10.30 **Presentation 1: "Beijing Preview"**  
Speaker: Edwin Ozolin (RUS)  
Co-reference: "Summary of issues in Olympic preparation strategy design"  
Peter Bonov (BUL)  
Dane Korica (SERB)

10.30 - 11.00 COFFEE BREAK

11.00 - 12.30 **Presentation 2: "Practical Experience in Major Championships Year-Plan Preparation"**  
Speakers: 1. TBC (RUS)  
2. TBC (RUS)

12.30 - 14.00 LUNCH

14.00 - 15.30 **Workshop Theme 1 - Leaders**  
"Specific Current Trends per Discipline - Europe v World "

15.30 - 16.00 COFFEE BREAK

16.00 - 17.30 **Workshop Theme 2 - Leaders**  
"Addressing the Specific Challenges of Beijing Preparation"

## Saturday 3 November

- 09.00 - 10.30 **Presentation 3:** "Monitoring Preparation, the Marriage of Technology and Experience "  
**Speaker:** Scott Drawer (GBR)  
**Co-reference:** Igor Mironenko (RUS)
- 10.30 - 11.00 COFFEE BREAK
- 11.00 - 12.30 **Presentation 4:** "Troubleshooting through a Major Championship Year"  
**Speaker:** Frank Dick (GBR)  
**Co-reference:** Sergei Portugalov (RUS)
- 12.30 - 14.00 LUNCH
- 14.00 - 15.30 **Workshop Theme 3 - Leaders**  
"Balancing Performances -Science Input with that Judgment Born of the "Deep Smarts" of Experience"
- 15.30 - 16.00 COFFEE BREAK
- 16.00 - 17.30 **Workshop Theme 4 - Leaders**  
"Prevention and Management of Stress Related Injury or Illness "

## Sunday 4 November

- 09.00 - 10.30 **Presentation 5:** "Variations in the Peak Competition Preparation Mesocycle"  
**Speaker:** Ekkart Arbeit (GER)  
**Co-reference:** Vladimir Popov (RUS)
- 10.30 - 11.00 COFFEE BREAK
- 11.00 - 12.30 **Workshop Theme 5 - Leaders**  
"Specific Conditioning and Routine Adjustments in Preparing for Peak Performance"
- 12.30 - 12.45 Close of Conference

## Workshop Leaders

Event	Leaders	
Sprints/hurdles:	Loren Seagrave (USA)	Valentin Maslakov (RUS)
Endurance:	Peter Thompson (GBR)	Vladimir Grauden (RUS)
Jumps:	Wolfgang Ritzdorf (GER)	Igor Mironenko (RUS)
Throws:	Ekkart Arbeit (GER)	Yuri Bakarinov (RUS)
Combined Events:	Jitka Vinduskova (CZE)	Lev Lobodin (RUS)

**Note: 17.30 - 18.00 Saturday 3 November - EACA General Meeting and Elections.**