

DAY 1 – 1 mei

08.30 – 09.00 uur	Registration
09:00-10:30	Analyse the situation – What is the aetiology of performance decline? The 4R of Recovery: Repair, Rehydrate, Restore, Refresh
10:30-11:00	Break
11:00-12:30	Repair. Strategies to promote muscle regeneration and to reduce muscle soreness (1)
12:30-14:00	Lunch
14:00-16:00	Repair. Strategies to promote muscle regeneration and to reduce muscle soreness (2)
16:00-16:30	Break
16:30-18:00	Restore & Rehydrate. Managing nutrition to speed-up glycogen replenishment & Tips to optimize post-exercise rehydration

DAY 2 – 2 mei

08:30-10:30	Refresh. Recovery is not only about physiology: Strategies to promote mental recovery
10:30-11:00	Break
11:00-12:30	Recovery: Is it all about post-exercise strategies? The importance of physical fitness on the recovery kinetic
12:30-13:00	Lunch
13:30-15:30	Recovery: Too much of a good thing? When recovery strategies may interfere with the training-induced adaptations
15:30-16:00	Break
16:00-17:30	A chronic approach of recovery: Reducing the risk of training maladaptations (overreaching & overtraining syndrome)