09:00 Opening and Welcome

09:10 Experience rapport, Bibian Mentel

09:45 Thru Hiking the Appalachian Trail- medical considerations for the endurance athlete, Jessica Gehner

10:30 Break

11:00 Preparation for performance in the heat, Hein Daanen

11:45 How diving takes us higher, Erika Schatakay

12:30 Lunch

13:30 When water becomes too much of a good thing, Martin Hoffman

14:15 Cardiological aspect of endurance sports, from youngsters to master athletes, Jan Hoogsteen

15:00 Break

15:30 Altitude training: fact or fiction? Christoph Siebenmann

16:15 The curiously elastic limits of human performance, Alex Hutchinson

16:50 Final Remarks

17:00 Reception