



## 2007 IAAF Nutritional Consensus Conference

**Monaco, 18-20 April**

Tuesday April 17	All day	Arrive in Monaco at leisure
	18.00	Introduction and hosted casual dinner
Wednesday April 18	8.00-9.15	Paper 1 - Nutrition for sprints
	9.15-10.30	Paper 2 - Nutrition for middle distance
	10.30-11.00	Morning tea -
	11.00-12.15	Paper 3 - Nutrition for distance events
	12.15-1.15	Lunch
	1.15-2.30	Paper 4 - Nutrition for jumps, throws and multi- events
	2.30-3.45	Paper 5 - Physique and performance in track and field events
	3.45-4.15	Afternoon tea
	4.15-5.30	Paper 6 - Female athlete triad
	Evening	Dinner at leisure
Thursday April 19	8.00-9.15	Paper 7 - Nutrition for the young athlete
	9.15-10.30	Paper 8 - Fluid needs for training and competition
	10.30-11.00	Morning tea
	11.00-12.15	Paper 9 - Fatigue and illness in athletes
	12.15-1.15	Lunch
	1.15-2.30	Paper 10 - Supplements
	2.30-3.45	Paper 11 - Innovations in training and nutrition
	3.45-4.15	Afternoon tea
	4.15-5.30	Paper 12 - Nutrition for travel
	Evening	Conference dinner
Friday April 20	8.00-12.00	Round table Discussion and agreement of Consensus Statement
	Afternoon	Leave

Nutrition for sprints	Nutrition for training Nutrition for racing Protein requirements for increasing size, strength and power Supplements and the sprinter (specific commentary on the evidence that certain supplements may be of value for the sprinter)
Nutrition for middle distance	Nutrition for training Nutrition for racing Recovery between rounds Supplements and the middle distance runner
Nutrition for distance events	Nutrition for training Nutrition for racing (track and road), (including CHO loading, pre-race meal, CHO intake during events) Supplements and the distance runner
Nutrition for jumps, throws and multi-events	Nutrition for training Nutrition for competition (including timing of competition fluid/food intake) Supplements and the jumper, thrower and multi-event athlete
Physique and performance in track and field events	Relationship between weight/muscle/body fat and performance in different athletic events Strategies to reduce weight and body fat
Female athlete triad	Low energy availability Menstrual dysfunction Poor bone health Issues for male athletes

Nutrition for the young athlete	Nutrition needs for growth Training and dietary effects on growth and maturation of young athletes Special needs: hydration
Fluid needs for training and competition	Fluid needs before, during and after training and competition in athletic events
Fatigue and illness in athletes	Causes of fatigue and illness Fuel depletion Iron deficiency Gastrointestinal problems and running Nutrition and the immune system
Supplements	Overview of issues with supplement use Overview of the principles and general evidence for specific supplements (especially creatine, bicarbonate, caffeine) Contamination with prohibited substances
Innovations in training and nutrition	“Live high-train low” with nutritional strategies Nutritional strategies to promote recovery and adaptation from training (resistance and endurance) Nutrition for altitude training
Nutrition for travel	Jet lag/time changes Nutrition during flights Eating away from home (hotels/athletes’ villages) Gastrointestinal problems and sickness from travel

## Organisation

The working language of the conference will be English.