

Workload monitoring and athlete management Workshop with Tim Gabbett



Program

8.00 a.m.	Welcome coffee - Introduction Dr Boris Gojanovic, Health & Performance Medical Director, La Tour Medical Group
8.15-9.00 a.m.	Coaching Roundtable – What is “Load Management” Really About? This session will provide practitioners with the opportunity to discuss the concepts concerning load management, and what it means for their practice.
9.00-10.00 a.m.	A Best Practice Approach to Load Monitoring In this session, the most recent work on training monitoring (and current controversies) will be discussed.
10.00-10.30 a.m.	Coffee break
10.30-11.30 a.m.	Monitoring with Minimal Resources In this session, Tim will demonstrate how coaches can monitor their athletes' training - even when they have minimal resources at their disposal.
11.30 a.m. - 12.30 p.m.	Putting Training Monitoring into Practice Bring your laptops and tablets along! In this session, participants will use techniques learned from the preceding sessions to write their own programs.
12.30-13.30 p.m.	Lunch break
13.30-14.30 p.m.	Individualizing the Training Process This session will discuss the process behind developing individualized training programs within a team environment.
14.30-15.30 p.m.	Return to Competition This session will explore the timing, content and loading when returning to competition following minor and major injuries, and off-season break.
15.30-15.45 p.m.	Coffee/fruit break
15.45-16.30 p.m.	Load Monitoring – It’s Not All About the “Ratio”! In this session, the most recent work on training monitoring will be discussed. Appropriately staged training (rather than simply monitoring) and its role in managing injury and pain will be explored.
16.30-17.00 p.m.	Building Robust Athletes This session will discuss ways in which coaches, physical therapists, and physical trainers can work together to develop a robust and resilient athlete.
17.00-17.30 p.m.	Open Forum and Discussion

Informations

Date : Sunday 18 November 2018

Venue : [Hôpital de La Tour](#), building B2, ground floor

Parking available

Access : Geneva Public Transport (TPG) : tram 18, bus 57, W, Y - Hôpital de La Tour stop

Registration fee : Early Bird offer until 15 October CHF 200.- (150.- for students),
thereafter CHF 230.- (150.- for students).

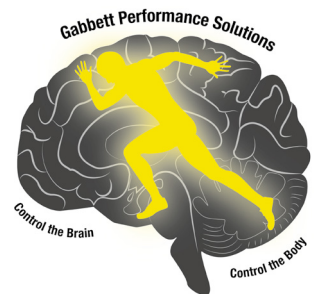
Light lunch and breaks included

Registration mandatory via e-mail to medsport2@latour.ch (limited number of places).



Dr Tim Gabbett has over 20 years experience working as an applied sport scientist with athletes and coaches from a wide range of sports. [More information about Tim Gabbett](#)

Workshop organized in collaboration with



Hôpital de La Tour

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