

Time	Session
10.00 am	Welcome
10.15 am	Dr Brian Hanley (Leeds Beckett University)
11.30 am	Dr Andy Renfree (University of Worcester)
12.45 pm	Break (Lunch)
1.15 pm	Dr Arturo Casado (Isabel I University, Spain)
2.30 pm	Dr Richard Blagrove (Loughborough University) Enhancing distance running performance and reducing injury risk with non-running based training activities
3.45 pm	Summary / round table
4.00 pm	Close

Venue: Joel Richards Suite, University of Worcester Arena: <https://arena.worc.ac.uk/find-us/>