

Program 5 October 2022 #LPC2022

Leaders in Performance Conference
Sports nutrition

- 09:00** Asker Jeukendrup NED
Chair morning session: Neil Walsh
- 09:20** **Plant versus animal based protein**
Luc van Loon NED
- 09:55** **Can and should we measure sleep?**
Shona Halson AUS
- 10:30** Break
- 11:00** **Continuous glucose monitoring in sport**
Asker Jeukendrup NED
- 11:35** Panel discussion
Luc van Loon NED
Shona Halson AUS
Asker Jeukendrup NED
- 12:00** Lunch

At SANAS stand
How to deal with fructose intolerance as an elite athlete
Evert Scheltinga
- 12:30-12:45** At NEVERSECOND stand:
Nutrition in the Tour de France: JUMBO VISMA
Martijn Redegeld
- 13:00-13:25** At MAURTEN stand:
How to beat the Dutch
Nils van der Poel

Chair afternoon: Luc van Loon
- 13:30** **Disordered eating and eating disorders in sport**
Therese Mathisen NOR
- 14:05** **Energy management and mismanagement in sport**
Jose Areta ARG

- 14:40** Speedupdating 1
Host: Mark Tuitert
- Insect protein**
Jorn Trommelen NED
- Protein requirement for female athletes**
Louise Deldicque BEL
- Beliefs and the placebo effect**
Shona Halson AUS
- 15:00** Break
- 15:30** **Nutrition, energy and the immune system**
Neil Walsh GBR
- 16:05** **Blood profiling**
Charlie Pedlar GBR
- 16:40** Panel discussion
Diagnosing and treating RED-S: the way forward?
Charlie Pedlar GBR
Therese Mathisen NOR
Neil Walsh GBR
Jose Areta GBR
- 17:00** Speedupdating 2
Host: Mark Tuitert NED
- Bone density in cyclists**
Jan Willem van Dijk NED
- Disordered eating in male and female athletes**
Rebecca Randell GBR
- Rocky asks: Raw eggs or boiled?**
Cas Fuchs NED
- 17:20** **Closing**
17:30 **Networking**