



Monday 30th March

09:30 Arrival & Check-In -Welcome Coffee

Keynotes & Case Presentations – Part 1

10:00 Henrik Kuchno. *Welcome and Housekeeping*

10:10 Christoph Rottensteiner, Firstbeat. *A Decade of Collaboration: The Evolution of Firstbeat Technology and Physiological Monitoring with Hertha BSC*

10:20 Pierre Gillo, Aalborg BK. *One Session, Multiple Realities: Variability in Training Stimulus.*

10:50 Rocco Perotta, Empoli FC. *Internal Load in Elite Football: From Monitoring to Decision-Making.*

11:20 Dimitris Stergiopoulos, AEK Athens F.C. *Short-Haul Air Travel as a Physiological Stressor: Monitoring Internal Load Using HRV.*

11:45 Joel Wenning, Firstbeat. *How to Make Submaximal Fitness Testing Easy, Fast, and Reliable – Practical Application.*

12:15 Philipp Lussi, TSG 1899 Hoffenheim. *Periodisation & Conditioning: Inside a Typical Training Week at TSG 1899 Hoffenheim.*

13:00 Lunch & Networking

Keynotes & Case Presentations – Part 2

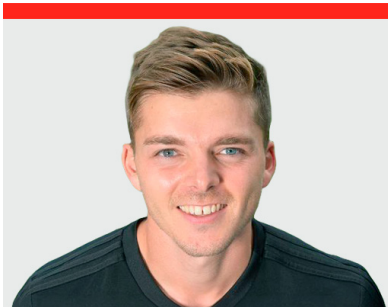
14:00 João Alves, SC Braga. *How to Prepare to Perform at SC Braga First Team.*

14:45 Tom Joel, Leicester City. *Building Performance Processes from the Fitness Test up - Insights from Leicester City.*

15:30 Panel Discussions with Our Speakers

16:00 Veli-Pekka Kurunmäki, Firstbeat. *Co-Creating the Future of Physiological Monitoring.*

16:30 Closing



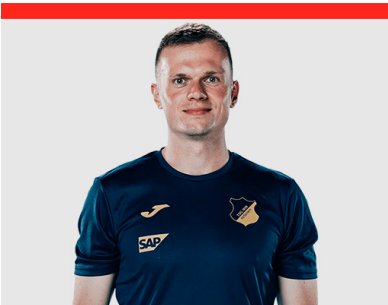
Tom Joel
1st Team Sport Scientist at Leicester City FC



Rocco Perrotta
Head of Performance at Empoli FC



Pierre Gillo
Head of Performance at Aalborg BK



Philipp Lussi
Athletic Coach at TSG 1899 Hoffenheim



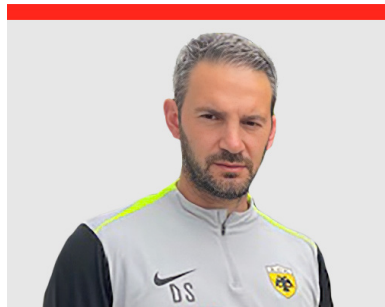
Henrik Kuchno
Head of Athletics at Hertha BSC



João Alves
High-Performance Coach at SC Braga



Christoph Rottensteiner
Partnerships in EMEA at Firstbeat



Dimitris Stergiopoulos
Exercise Physiologist at AEK



Joel Wenning
Exercise Physiologist, CSM at Firstbeat



Veli-Pekka Kurunmäki
Director of Professional Sports at Firstbeat



Matteo Viazzo
Key Account Manager at Firstbeat