

Wednesday - July 11th

TIME	MAIN STAGE	WORKSHOPS	ACTIVITY TRACK	EXHIBITION STANDS
9.30	Doors are opening			
10.00-11:00	<p>Welcome speech</p> <p>Training strategies to improve your performance by Torben Rokkedal Lausch</p> <p>Train to win Interview with Rasmus Henning</p>			
11.00-12:00	<p>Pitch sessions 2 min. pitch by ThoraxTrainer, StepUp Air, Me-Mover FIT, DaySync, TeamZWATT, MobileFit, Bright and Athleed.</p>			
12.00-12:30	<p>How to use artificial intelligence to strengthen your training Presentation by Athleed</p>	<p>WS 1: Join TeamZWATT and learn more about the power meter technology that changed cycling Workshop by TeamZWatt</p>	<p>Facilitated by: Me-Mover FIT Thorax Trainer MobileFit TeamZWATT</p>	<p>ThoraxTrainer StepUp Air Me-Mover FIT DaySync TeamZWATT MobileFit Athleed</p>
12.30-13:00	<p>Get the perfect sleep-wake-cycle and improve your performance Presentation by DaySync</p>	<p>WS 2: Know your limits. And push them further. Workshop by StepUp Air</p>		
13.00-13:30	<p>Benefits of power-based training Presentation by TeamZWATT</p>	<p>WS3: High Intensity Training (HIT) Workshop by ThoraxTrainer</p>	<p>Facilitated by: Me-Mover FIT Thorax Trainer MobileFit TeamZWATT</p>	
13.30-14:00	<p>Get optimal training by measuring your breath Presentation by StepUp Air</p>	<p>WS 4: Use artificial intelligence to improve your performance Workshop by Athleed</p> <p>WS 5: Use light to get a better sleep-wake-cycle Workshop by DaySync</p>		
14.00	Networking			

Who can You meet?

July 11th 2018

Training strategies to improve your performance

By Torben Rokkedal Lausch

We will look into different training strategies that are currently used by high-level athletes, and how to mix these together to create the optimal endurance training program to improve performance, while at the same time staying healthy and fit.

Interview with Rasmus Henning

Rasmus is a double European champion, a double Olympian, a 5-times World Cup winner, and a multiple Danish champion in both triathlon, running and swimming

ThoraxTrainer (workshop)

This workshop provides an introduction to the physiological background, challenges and possibilities as well as effect of HIT training. Save time and improve all 3 tri-disciplines at the same time.

StepUp Air (workshop)

By detecting several changes of breathing pattern, StepUp Air knows at all time in which zone you are training, contrary to a simple heart rate monitor that relies on statistics from other people's metabolism.

Athleed (workshop)

Athleed is a peer-to-peer platform that strengthens the relationship between triathletes and coaches by utilizing artificial intelligence.

DaySync (workshop)

DaySync is the new combined hardware and software solution that facilitates a perfect sleep-wake-cycle synchronized to your day.

TeamZWATT (workshop)

We think differently. So, we decided to take a new approach and base our product development on crowdsourced data from our users and introduced the world's first subscription-based power meters.

TeamZWATT (activity track)

Try the world's first subscription-based power meters.

MobileFit (activity track)

With MobileFit you get a harmonious whole-body work out, but especially the muscles and ligaments around the spine, shoulders and knees are strengthened by MobileFit training.

Me-Mover FIT (activity track)

The Me-Mover FIT is a step-machine/elliptical on wheels made for intense full-body exercise. It activates 6 of 8 major muscle groups simultaneously. With the Me-Mover you get more exercise in less time.

ThoraxTrainer (activity track)

ThoraxTrainer is the perfect training tool for triathlon. It improves your performance in both swimming, bike and Run. Used by many age-groupers and top level triathletes.

Thursday - July 12th

TIME	MAIN STAGE	WORKSHOPS	ACTIVITY TRACK	EXHIBITION STANDS
12.30	Doors are opening			
13.00-14:00	<p>Welcome speech</p> <p>Endurance to win Interview with Rasmus Henning</p> <p>How to optimize the adaptation to endurance training by Torben Rokkedal Lausch</p>			
14.00-15:00	<p>Pitch sessions 2 min. pitch by Thorax Trainer, MobileFit, Me-Movers, TeamZWATT, Bright, Athleed, GoPlayDOT, SportyFriends, Xsided and TracTrac.</p>			
15.00-15:30	<p>How to use artificial intelligence to strengthen your training Presentation by Athleed</p>	<p>WS 1: Join TeamZWATT and learn more about the power meter technology that changed cycling Workshop by TeamZWATT</p>	<p>Facilitated by: Me-Mover FIT Thorax Trainer MobileFit TeamZWATT GoPlayDOT</p>	<p>TracTrac ThoraxTrainer Me-Mover Xsided Bright SportyFriends TeamZWATT MobilFit GoPlayDOT Athleed</p>
15.30-16:00	<p>Optimize your brain with light Presentation by Bright</p>	<p>WS 2: Club management and social community. Workshop by SportyFriends</p>		
16.00-16:30	<p>Benefits of power-based training Presentation by TeamZWATT</p>	<p>WS 3: Use artificial intelligence to improve your performance Workshop by Athleed</p>	<p>Facilitated by: Me-Mover FIT Thorax Trainer MobileFit TeamZWATT GoPlayDOT</p>	
16.30-17:00	<p>The future club management Presentation by SportyFriends</p>	<p>WS 4: Light, brain and performance, is it a match? Workshop by Bright</p> <p>WS5: High Intensity Training (HIT) Workshop by ThoraxTrainer</p>		
17.00	Networking			

Who can You meet?

July 12th 2018

How to optimize the adaptation to endurance training

By Torben Rokkedal Lausch

Training practices for sport at a high level requires the integration of multiple factors deliberately mixed together to create the maximal adaptation to training. This presentation will be on precisely these factors, that can help you get the most out of your endurance training.

Endurance to win

Interview with Rasmus Henning

Rasmus is a double European champion, a double Olympian, a 5-times World Cup winner, and a multiple Danish champion in both triathlon, running and swimming.

Xsided (1:1 meetings)

Xsided offers captivating entertainment for fans at sports matches and events through simple games and competitions on mobile and big screen. We offer attractive exposure and activation for the sponsors

TracTrac (1:1 meetings)

We give visibility to the sport, engage the spectator and drive fan base and sponsor value by revealing and visualizing the key moments of hard-to-follow-sports in real time

Bright (workshop)

Bright is a new light source that directly affects your brain, for increased cognitive performance, alertness and memory

SportyFriends (workshop)

If your club needs a website, membership management or arrange social events, we have got you covered. You can tailor it to your needs and we make it fun!

TeamZWATT (workshop)

We think differently. So, we decided to take a new approach and base our product development on crowdsourced data from our users and introduced the world's first subscription-based power meters.

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ThoraxTrainer (Workshop)

This workshop provides an introduction to the physiological background, challenges and possibilities as well as effect of HIT training. Save time and improve all 3 tri-disciplines at the same time.

Me-Mover (activity track)

The Me-Mover FIT is a step-machine/elliptical on wheels made for intense full-body exercise. It activates 6 of 8 major muscle groups simultaneously. With the Me-Mover you get more exercise in less time.

MobilFit (activity track)

With MobileFit you get a harmonious whole-body work out, but especially the muscles and ligaments around the spine, shoulders and knees are strengthened by MobileFit training.

GoPlayDOT (activity track)

DOT is a fast and tactical team sport which can be played by anyone with a smartphone.

ThoraxTrainer (activity track)

ThoraxTrainer is the perfect training tool for triathlon. It improves your performance in both swimming, bike and Run. Used by many age-groupers and top level triathletes.

TeamZWATT (activity track)

Try the world's first subscription-based power meters.