

Tri-Athlon and Endurance Sports Clinic

UPMC Lemieux Sports Complex

Friday, March 31 and Saturday, April 1

AGENDA

Friday, March 31 - 5:30pm-9pm

5:30pm-6pm - Registration and Refreshments – 2nd floor classroom – UPMC side

6:00pm-6:15pm - Welcome and Overview

6:15pm-6:35pm - The Making of a Triathlete: The Physiology and Mental Edge – Kim Schwabenbauer, MS, RD, CSSD

6:35pm-6:55pm - Sleep Management – Christopher E. Klein, PhD

6:55pm-7:15pm - Integrated Medicine & Peak Performance for the Endurance Athlete - Dr. Lauren Loya, MD

7:15pm-8:00pm - Pro-Panel Q&A

- Caitlin Glenn, DPT - Owner of Crew Racing & racer for Timex Multisport Team
- Mike Schultz, CSCS, - Head Coach & Founder of Highland Training
- Kim Schwabenbauer, MS, RD, CSSD, LDN – Owner of Fuel your Passion Sports Nutrition & Coach

8:00pm-9:00pm - Networking

Saturday, April 1 - 7:30am-11:30am

7:30am-8am - Continental Breakfast and Orientation to the Morning

8:00am – Small Concurrent Group Sessions with UPMC Sports Medicine Experts (no more than 15 per group):

1. Bike Fit - Matt Tinkey, MS, ATC – Physical Therapy area – 2nd floor UPMC side
2. Endurance Sports Nutrition - Jeff Lucchino, MS, RD, CSSD, LDN, CPT– 2nd floor classroom UPMC side
3. Endurance Sports Performance & Strength Ball Training – Connor Gettemy, BS. MA. CSCS, USAW – 2nd floor Pens side
4. Functional Motion & Injury Prevention - Ron DeAngelo, M.Ed., CSCS – 2nd floor Pens side

8:00am-8:30am - Session 1 (there is a 10 minute break between each session)

8:40am-9:10am – Session 2

9:20am-9:50am - Session 3

10:00am-10:30am - Session 4

10:30am-11:30am - Expert Panel Q&A plus Pgh. Tri-Athlon overview with P3R staff

11:30am- Adjourn