

PROGRAMME AT A GLANCE

16 - 18 October 2026

Time	Friday 16 October 2026		Saturday 17 October 2026	Sunday 18 October 2026
	Hall A	Hall B		
	Morning & early afternoon: TEFAA Dafn, except Workshop 1: Polykliniki Athens From 16:30: Hellenic Olympic Committee, Chalandri		*Hellenic Olympic Committee Building, Chalandri*	*Hellenic Olympic Committee Building, Chalandri*
09:00	Workshop 1 (POLYKLINIKI ATHENS) Cardiopulmonary Exercise Testing and Aerobic Exercise Prescription in Clinical Populations	Workshop 2 (TEFAA DAFNE) Foam Rolling and Musculoskeletal Health	Oral Presentations 1 6 presentations	Oral Presentations 3 6 presentations
09:30				
10:00				
10:30			Round Table 2 Physiology and Applications of Hypoxia	Invited Lecture - G. Terzis The Biology of Maximal Strength
11:00				Coffee Break
11:30				Plenary 5 Y. Pitsiladis - From Biomarkers to Digital Athletes
12:00	Workshop 3 (TEFAA DAFNE) Assessment of Strength and Power	Workshop 4 (TEFAA DAFNE) Meta-analysis in Exercise Science	Coffee Break	
12:30			Plenary 3 O. K. Tsintzas - Intermittent Fasting and Exercise	Oral Presentations 4 6 presentations
13:00				
13:30			Lunch Break & General Assembly of the HSBPE	
14:00	FOOTBALL SCIENCE & APPLICATIONS AFTERNOON TEFAA DAFNE 14:00–14:45 Plenary 1 · P. Balsom 14:45–15:30 Workshop 5, Part 1 · Design, Monitoring & Performance Optimization 15:30–16:30 Workshop 5, Part 2 · P. Balsom EUR 20 day ticket · live-streamed			Round Table 3 Artificial Intelligence in Exercise Physiology
14:30				
15:00				
15:30			Short-oral Presentations 24 presentations	Congress Closing 15:30–15:45
16:00				
16:30		On-site Registrations & Coffee Hellenic Olympic Committee, Chalandri	Coffee Break	
17:00		Short-oral Presentations 24 presentations	Oral Presentations 2 6 presentations	
17:30				
18:00	Round Table 1 Obesity: Pharmacotherapy, Nutrition and Exercise			
18:30			Plenary 4 A. Konrad - The Physiology of Stretching	
19:00				
19:30	Plenary 2 L. van Loon — You Are What You Eat		Plenary Dialogue Tsintzas - van Loon: Muscle Hypertrophy and Loss	
20:00				
20:30	Opening Ceremony & Awards			
21:00	Cocktail and Snack at the Rooftop (all delegates are invited)		Congress Dinner (invitation only)	
21:30				
22:00				

Programme subject to change. Last updated: 27 September 2026.