PROGRAMME AT A GLANCE

16 - 18 October 2026 • Hellenic Olympic Committee Building, Chalandri, Athens, Greece

Time	Friday 16 October 2026		Saturday 17 October 2026	Sunday 18 October 2026
	Hall A	Hall B		
	Morning & early afternoon: TEFAA Dafne | *from 16:00: Hellenic Olympic Committee, Chalandri*		*Hellenic Olympic Committee Building, Chalandri*	*Hellenic Olympic Committee Building, Chalandri*
09:00	Workshop 1 (POLYKLINIKI ATHENS – OMONOIA) Cardiopulmonary Exercise Testing in Clinical Populations	Workshop 2 (TEFAA DAFNE) Foam Rolling and Musculoskeletal Health	Oral Presentations 2	Mini-oral Presentations
09:30				
10:00				Invited Lecture - G. Terzis The Biology of Maximal Strength
10:30			Round Table 2 Physiology and Applications of Hypoxia	Coffee Break & Light Snack
11:00				Plenary 5 Y. Pitsiladis - From Biomarkers to Digital Athletes
11:30				
12:00	Workshop 3 (TEFAA DAFNE) Assessment of Strength and Power	Workshop 4 (TEFAA DAFNE) Meta-analysis in Exercise Science	Coffee Break	Round Table 3 Artificial Intelligence in Exercise Physiology
12:30			Plenary 3 O. K. Tsintzas - Intermittent Fasting and Exercise	
13:00				
13:30			Lunch Break & General Assembly of the HSBPE	Oral Presentations 4
14:00	FOOTBALL SCIENCE & APPLICATIONS AFTERNOON TEFAA DAFNE 14:00–14:45 Plenary 1 · P. Balsom 14:45–15:30 Workshop 5, part A · Applied cases 15:30–16:30 Workshop 5, part B · P. Balsom EUR 20 day ticket · live-streamed			
14:30				
15:00				Closing Ceremony
15:30			Mini-oral Presentations	
16:00		On-site Registration & Coffee, Hellenic Olympic Committee, Chalandri		
16:30		Oral Presentations 1	Coffee Break	
17:00			Oral Presentations 3	
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	Opening Ceremony & Awards		Plenary Dialogue Tsintzas - van Loon: Muscle Hypertrophy and Loss	
20:00	Plenary 2 L. van Loon — Protein Metabolism and Muscle Hypertrophy			
20:30				
21:00	Welcome Cocktail at the Rooftop		Congress Dinner	
21:30				
22:00				

Colour key

Plenary Session	Plenary Dialogue	Invited Lecture	Round Table
Workshop	Oral Presentations	Mini-oral Presentations	Ceremony
Social Programme	Break		

Programme subject to change. Last updated: August 2026.