



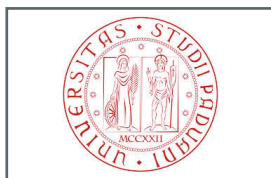
9TH
INTERNATIONAL
CONFERENCE
ON STRENGTH
TRAINING

Abano Terme, ITALY
October 23-25, 2014

Location

Hotel Alexander, Abano Terme (PD)

Organized by



University of Padua

Partners



**the Italian Association
of Sport and
Exercise Sciences**



**Sport and Exercise
Sciences Research Unit
University of Palermo**



**Scuola dello
Sport CONI**

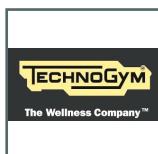


**European Society
of Athletic Therapy
and Training**



**International Council
for Physical Activity
and Fitness Research**

Sponsors



Organization

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**International
scientific
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Keijo Häkkinen (Finland)
William J. Kraemer (USA)
Dietmar Schmidtbleicher (Germany)
Steven J. Fleck (USA)
Dusan Hamar (Slovakia)

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Program 23th

08.30 Registrations
09.30 Opening ceremony

Neural adaptations to strength training Chair Carlo Reggiani

10.00 **Adaptations in the nervous system during strength and power training**
Timothy Carroll

10.40 **Neuromuscular adaptations to power training in different sport events**
Robert Newton

11.20 Coffee break

11.50 **Non-defended poster presentations**
Poster Session P1: Abstract ID 27 - ID 60

12.50 Lunch

Mechanisms of skeletal muscle growth control Chair William J. Kraemer

14.00 **Autophagy and muscle hypertrophy in strength training**
Marco Sandri

14.40 **Skeletal muscle plasticity**
Carlo Reggiani

15.20 **From myosin to barbell: the long way to hypertrophy**
Antonio Paoli

16.00 Coffee break

16.30 **Abstract based oral presentations**
Session openers:
Walker et al (Finland)
Neuromuscular adaptations to traditional versus eccentric-overload resistance training

Nilsen et al (Norway)
Strength training improves muscle cellular outcomes in men during androgen deprivation therapy for prostate cancer: a randomized controlled trial

Vegge et al (Norway)
Acute effects of vibration on muscle activation during high and low loading

17.00 **Oral presentations**
van den Tillaar (Norway)
The effect of grip width on the sticking region in bench press

Ruotsalainen et al (Finland)
Supraspinal contribution to central fatigue induced by hypertrophic resistance exercise

Methenitis et al (Greece)
Muscle fiber conduction velocity, fiber type composition and rate of force development in power-trained individuals

Van Roie et al (Belgium)
Strength training at high versus low external resistance in older adults: long-term muscular and functional adaptations

Stojanović et al (Serbia)
Effects of Low-Load, Elastic Band Resistance Training on strength in elderly women

Closing activity

18.00

Program
24th

Strength and endurance: friends or enemies and when?
Chair Steven Fleck

- 08.30** **Neuromuscular adaptations during combined strength and endurance training: the role of different modes of combined training**
Keijo Häkkinen
- 09.10** **Enhancing endurance performance through strength and power training**
Inigo Mujika
- 09.50** Coffee break
- 10.20** **Non-defended poster presentations**
Poster Session P2: Abstract ID 61 - ID 91

Training for maximal strength and power
Chair Keijo Häkkinen

- 11.20** **How to optimize periodization of strength training for maximal strength gains and muscle hypertrophy**
Steven Fleck
- 12.00** **Improvement of strength skills in a military fitness training with and without the use of a stochastic resonance preparation**
Dietmar Schmidtbleicher
- 12.40** **Sport specific assessment of strength and power**
Dusan Hamar
- 13.20** Closing activity
- 14.30** Social activity (trip to Venice)

Program 25th

Nutrition and strength training **Chair Dusan Hamar**

- 09.00** **Nutritional strategies to support the adaptive response to prolonged strength training in strength and power athletes: effects of age**
Luc Van Loon
- 09.20** **Effect of selected nutrients on skeletal muscle hypertrophy**
Giuseppe D'Antona
- 09.40** **Abstract based oral presentations**
Session openers:
Rønnestad et al (Norway)
Use it or lose it - Importance of in-season strength maintenance in elite cyclists
- Zeibler et al (Germany)**
Effects of glucose metabolism by six-month strength training vs. endurance training vs. Combination strength and endurance training on type 2 diabetics
- Nordengen et al (Norway)**
Effects of ingesting different whey protein fractions after resistance exercise on the ubiquitin-proteasome system
- 10.10** **Oral presentations**
Tufano et al (Australia)
Acute effects of hypertrophy-oriented cluster sets on work, power, and velocity
- Cortis et al (Italy)**
Acute Effects of Suspension Training on Strength and Power Performances
- Taipale et al (Finland)**
Acute responses to single-session combined strength training and endurance running sessions: men, women, and the "order-effect"
- Kristiansen et al (Denmark)**
Test-retest reliability of muscle synergies during bench press
- 10.50** **Coffee break**

Strength training for young and old **Chair Robert Newton**

- 11.20** **Strength training in children: new perspective and future directions**
Avery Faigenbaum
- 12.00** **Changes in muscle size, architecture and strength with strength training in older age**
Marco Narici
- 12.40** **Non-defended poster presentations**
Poster Session P3: Abstract ID 92 - ID 125
- 13.40** **Lunch**

Gender difference in strength training response **Chair Antonio Paoli**

- 14.40** **What are the limiting factors in optimizing physiological adaptations to strength training in men and women?**
William J. Kraemer
- 15.20** **Closing ceremony and call for 2016 conference**
- 15.50** **Guided tours of Palazzo del Bo**
Included the anatomical theatre (the world's first permanent anatomical theatre) and also the Galileo Galilei's Aula Magna (with the podium used by Galileo himself), the Sala dei Quaranta (The "Hall of the Forty") and the Aula di Medicina (where lectures on medicine were originally given) - Only on request (booking compulsory).

Speakers

Timothy Carroll (Australia)

Giuseppe D'Antona (Italy)

Avery Faigenbaum (USA)

Steven Fleck (USA)

Keijo Häkkinen (Finland)

Dusan Hamar (Slovakia)

William J. Kraemer (USA)

Inigo Mujika (Spain)

Marco Narici (England)

Robert Newton (Australia)

Antonio Paoli (Italy)

Carlo Reggiani (Italy)

Marco Sandri (Italy)

Dietmar Schmidtbleicher (Germany)

Luc van Loon (The Netherlands)

Registration

on the website
www.icst2014.com
or
www.akesios.it

1) Registration 350 euro per person includes admission to all conference sessions, exhibitors and poster area, social events, conference registration, conference material, book of abstracts, refreshments and lunches at the conference and organised tours.

2) One day registration 90 euro per person includes admission to all conference sessions, exhibitors and poster area, conference registration, conference material, book of abstracts, refreshments and one lunch at the conference.

3) Accompanying person 120 euro per person includes refreshments and lunches at the conference, social events and organised tours.

