

Masterclass

**SPORT NUTRITION  
NUTRACEUTICALS TRAINING AND  
SPORT MEDICINE IN  
ENDURANCE ATHLETES**

**TURIN  
2023**

March 3<sup>rd</sup> - 4<sup>th</sup>

**J hotel**

Via Traves, 40

PATRONAGE



**INFO**

<https://www.sinseb.it/>

EVE-LAB Formazione s.r.l.

Viale dei Mille, 137 Firenze

Tel. 055 0671000

email: [costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)

[www.eve-lab.com](http://www.eve-lab.com)



Ente Nazionale di  
Previdenza e Assistenza  
a favore dei Biologi



**Ordine dei  
Biologi**

DELLA LOMBARDIA

## **CHAIR MASTERCLASS**

**Fabrizio Angelini**

## **SCIENTIFIC CHAIRMEN**

**Fabrizio Angelini**  
**Arrigo F. G. Cicero**  
**Luca Stefanini**

## **SCIENTIFIC SECRETARIAT**

**Luca Belli**

## **FACULTY MEMBERS**

**Fabrizio Angelini**

**Luca Belli**

**Alessandro Bonuccelli**

**Louise Burke**

**Roberto Cannataro**

**Paolo Cavallo**

**Arrigo F. G. Cicero**

**Paolo Cigni**

**Alessandro Colletti**

**Michele Di Stefano**

**Maurizio Fadda**

**Federica Fogacci**

**Marco Freschi**

**Livia Galletti**

**Matteo Gallo**

**Luca Gatteschi**

**Alberto Ghidella**

**Annalisa Maghetti**

**Massimo Magistrali**

**Andrea Marchini**

**Massimo Massarini**

**Fulvio Massini**

**Inigo Mujika**

**Stefano Righetti**

**Luca Semperboni**

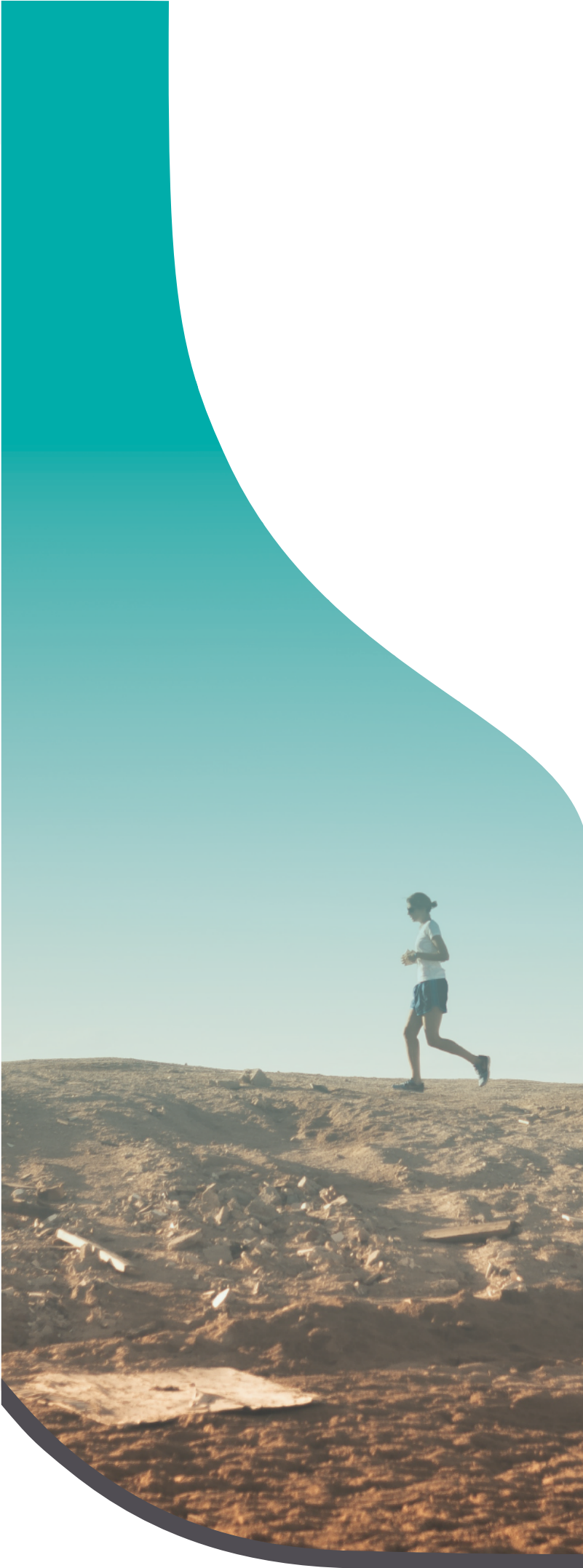
**Luca Stefanini**

**Jacopo Talluri**

**Nikos Tzouroudis**

**Daniele Vecchioni**

**Emanuele Veronese**



# Friday, March 3<sup>rd</sup>

**02.00 pm Introduction**  
Fabrizio Angelini, Arrigo F. G. Cicero, Luca Stefanini

## **BODY COMPOSITION IN ENDURANCE ATHLETES**

Chairmen: Nikos Tzouroudis, Luca Stefanini

**02.30 pm Assessment Techniques of body composition and Hydratation Status**  
Alessandro Bonuccelli

**03.00 pm Bioelectrical impedance analysis**  
Jacopo Talluri

**03.30 pm Hydration**  
Luca Gatteschi

**04.00 pm Coffee Break**

## **ENDURANCE TRAINING**

Chairmen: Massimo Massarini, Fulvio Massini

**04.30 pm Endurance success for the modern humans: the essential steps**  
Daniele Vecchioni

**05.00 pm Stenght Training in Endurance Athletes**  
Roberto Cannataro

**05.30 pm Endurance Training in Elite Athletes**  
Inigo Mujika

## **ENDURANCE: NUTRITION**

Chairmen: Luca Semperboni, Marco Freschi

**06.00 pm Carbohydrates**  
Stefano Righetti

**06.30 pm Proteins and Amino Acids**  
Luca Belli

**07.00 pm Conclusion**

# Saturday, March 4<sup>th</sup>

## ENDURANCE: NUTRITION

Chairmen: Arrigo F. G. Cicero, Livia Galletti

**09.00 am Low Carbs Diet**  
Fabrizio Angelini

**09.30 am Gender Nutrition**  
Louise Burke

**10.00 am Eating disorder**  
Annalisa Maghetti

**10.30 am Coffee Break**

## ENDURANCE: SUPPLEMENTS

Chairmen: Maurizio Fadda, Federica Fogacci

**11.00 am Hypercholesterolemia and cardiovascular risk in Endurance Athletes**  
Arrigo F. G. Cicero

**11.30 am Injuries Tendons, Joints and Muscles Injuries: nutraceutical Approach**  
Alessandro Colletti

**12.00 pm Endurance: The role of Nutraceuticals and Supplements**  
Fabrizio Angelini

**12.30 pm Round Table**

**13.00 pm Lunch**

## ENDURANCE NUTRITION: PRACTICAL APPLICATION

Chairmen: Luca Belli, Fabrizio Angelini

**02.00 pm Endurance: Gastrointestinal Distress**  
Michele Di Stefano

**02.30 pm Triathlon: nutrition and supplements for 3 different endurance sports**  
Emanuele Veronese

**03.00 pm Round Table**

## SPORTS MEDICINE: MEDICAL-PHYSIOTHERAPY SUPPORT FOR ENDURANCE ATHLETES

Chairmen: Andrea Marchini, Massimo Magistrali

**03.30 pm Epidemiology and management of the most frequent injuries**  
Paolo Cavallo

**04.00 pm The WADA Prohibited List**  
Alberto Ghidella

**04.30 pm Functional tests for the endurance athlete**  
Matteo Gallo

**05.00 pm Isometric test Lower limb Strength in orthostatism**  
Paolo Cigni

**05.30 pm Final Round Table**

**06.30 pm Conclusion**



## General Information

### Masterclass Venue

#### J hotel

Via Traves, 40  
10151 Turin IT

### How to reach the Masterclass Venue

From the Airport: bus n. 268 till “Veronese” stop, then bus n. 62 from Piazzale Caio Mario till “Cirene” stop and bus n.59

From the city center: bus n. 59

From the railway station: metro line 1 “Fermi” and bus n. 59

By car: from A1/E35 enter in A55 till “Venaria Reale” exit, direction to Turin/Juventus Stadium

### Registration

In order to register to the event please go to: <https://eve-lab.com/iscrizioni/evento/masterclass-sport-nutrition-nutraceuticals-training-and-sport-medicine-in-endurance-athletes/>

Once completed the registration process, a confirmation email will be sent to the address indicated.

For any question or problem, please contact Costanza Calamai:  
[costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)

### Continuing Medical Education (CME)

EVE-LAB s.r.l.s. is a CME provider - identification code no. 5306

Credits: 12

Please be aware that for the acquisition of credits it is mandatory to have attended the 90% of the whole duration of the Congress and selected at least the 75% of correct answers of the CME questionnaire.

### Language

The official language will be Italian.

## Major Sponsor



## Sponsor



**TURIN**

March 3rd - 4th 2023



## Organizing Secretariat CME Provider



**EVE-LAB s.r.l.s.**

Viale dei Mille, 137 Florence IT  
Tel. 055 0671000  
email: [costanza.calamai@eve-lab.it](mailto:costanza.calamai@eve-lab.it)  
[www.eve-lab.com](http://www.eve-lab.com)