



IBU Coach Seminar - Nutrition

Wednesday 29 June 2022

Estimated Time	Min	Topic	Presented / Facilitated by:
13:55-13:57	2	Information about Agenda and Schedule	PPT slide
13:57-14:00	3	Welcome	Niklas Carlsson
14:00-14:05	5	Short Introduction to the Seminar	Judith Haudum
14:05-14:35	30	Nutrition for Training and Competition	Judith Haudum
14:35-14:45	10	Question & Answer (Q&A) and Intro-duction of the next Topic	Dr Gerold Sattlecker
14:45-15:15	30	Nutrition Periodization in Biathlon	Claudia Osterkamp
15:15-15:25	10	Q&A and Introduction of the next Topic	Judith Haudum
15:25-15:55	30	Sustainable & Hands-on Nutrition in Biathlon and Nutrition at Major Events	Nanna Meyer
15:55-16:05	10	Q&A and Introduction of the next Topic	Dr Gerold Sattlecker
16:05-16:15	10	Coffee Break	
16:15-16:45	30	Metabolic Types and Optimizing Body Composition in Biathlon	Ina Garthe
16:45-16:55	10	Q&A and Introduction of the next Topic	Judith Haudum
16:55-17:25	30	Eating Disorders and Energy Deficiency in Nordic Sports	Therese Fostervold Mathisen
17:25-17:35	10	Q&A and Introduction of the Panel Discussion	Dr Gerold Sattlecker
17:35-18:05	30	Panel Discussion: Claudia Osterkamp, Nanna Meyer, Ina Garthe, Therese Fostervold Mathisen	Moderator: Judith Haudum
18:05-18:10	5	Wrap up and Goodbye	Dr Gerold Sattlecker