

REPORT OF THE 3RD ANNUAL INTERNATIONAL CONFERENCE PHYSICAL CONDITIONING OF ATHLETES 2005 - RECOVERY IN SPORT

Zagreb, Croatia, February 25 – 26, 2005

For the third year in succession the International Conference *Physical Conditioning of Athletes* was a tremendous success - it aroused a great interest of broad sport public: more than 900 participants were listening and observing presentations of the worldly prominent speakers for two days. The Conference was organised at the great conference centre of the Zagreb Fair (the first day) and at the Faculty of Kinesiology, University of Zagreb (the second day). The invited speakers from Croatia, Russia, Italy, Slovenia, and Bosnia and Herzegovina presented their latest findings, standings and experiences from the field of recovery in sport. Namely, for the first time the Conference was topic-oriented – all the invited experts tried to give as many answers as possible to the questions of fatigue, training load prescription, ergogenic aids, overtraining and overburning prevention, recovery in sport preparation and competition.

On the first day the top-level experts presented new trends in recovery. They addressed bioenergetic, neuromuscular, medical, psychological, nutritional and kinesiological aspects of recovery (Table 1).

The Proceedings welcomed the participants at the registration desk. This year Proceedings contains 260 pages with 19 contributions (all in Croatian): 12 are of a theoretical and 7 of a practical character. In most papers the text is illustrated with plenty graphical presentations, photographs and tables.



On the second day the Conference moved to the big gym at the Faculty of Kinesiology for practical presentations of the invited strength and conditioning experts. The participants were able to see different approaches to and personal visions of physical conditioning in athletics, basketball, Association football, volleyball, handball and taekwon do (Table 2).

Table 1. List of speakers and their themes – the 1st Conference day at the Zagreb Fair Conference Centre

| SPEAKER | THEME |
|---------------------|--|
| Nikolaj Volkov | Bioenergetic aspects of the process of recovery during physical exercise and sport training |
| Vojko Strojnik | Neuromuscular aspects of fatigue and recovery in sport |
| Miljenko Rak | Recovery of athletes after training and competition – practical experience |
| Saša Janković | New trends in rehabilitation of muscular injuries |
| Frane Grubišić | Physical means in recovery of athletes |
| Stanislav Peharec | Rehabilitation at big competitions |
| Goran Marković | Factors influencing fatigue and recovery during and after physical exercise |
| Dragan Milanović | Determination of rest intervals during physical conditioning - theoretical and didactic fundamentals |
| Francesco Cuzzolin | Recovery of a professional team – reality or myth? |
| Jasna Bajraktarević | Psychological aspects of recovery in and after a training session |
| Ignac Kulier | The basic nutrients in recovery of athletes |
| Emir Pašalić | The applied programme model of conventional nutrition and supplements taking in a competition microcycle |

Table 2. Presenter and practical presentations from the field of physical conditioning – the second conference day at the Faculty of Kinesiology

| PRESENTER | THEME |
|--------------------|---|
| Francesco Cuzzolin | Injury prevention of basketballers – examples from the court |
| Vladimir Janković | Modelling of motor programmes for the development of anaerobic alactic and lactic endurance in volleyball |
| Zvonko Komes | Programmes of physical conditioning for young footballers 6 to 16 years of age |
| Vatroslav Mihačić | Speed power training in Association football |
| Goran Marković | Complex training in the function of explosive strength development – an example of tae kwon do |
| Joško Vlašić | One training day of Blanka Vlašić – enhancement of explosive strength and jumping ability accented |
| Miljenko Rak | Demonstration of speed and speed strength training of the golden handball players |

The 4th International Conference *Physical Conditioning of Athletes 2006*, with the topic “Injury prevention and rehabilitation”, is due in February

next year. The organizers expect even more prominent speakers and more participants. You are welcome!

Sanja Šimek