



## CICLO DE PALESTRAS CIDAf



CENTRO DE INVESTIGAÇÃO  
DO DESPORTO  
E DA ACTIVIDADE FÍSICA  
UNIVERSIDADE DE COIMBRA

**01 de Junho de 2018: 10h00-13h00**

### **Training diaries as a means of optimizing performance and minimizing maladaptation**

***Veronica Vleck Ph.D.***

*Centre for the Interdisciplinary Study of Human Performance.  
Faculty of Human Kinetics, University of Lisbon, Portugal*

### **A dynamic mathematical model of the physiological response to exercise as a method of improving the validity of exercise prescription**

***João Beckert, Ph.D.***

*Nova Medical School. New University of Lisbon. Medical Director, Jamor National Sport Performance Center, Portugal.*

### **VO2 Kinetics. Methods and applications**

***Joana Reis***

*Centre for the Interdisciplinary Study of Human Performance.  
Faculty of Human Kinetics, University of Lisbon, Portugal*

#### **LOCAL:**

**ANFITEATRO B1 DEPARTAMENTO DE ENGENHARIA  
INFORMÁTICA - FACULDADE DE CIÊNCIAS E TECNOLOGIA DA  
UNIVERSIDADE DE COIMBRA (POLO II)**