



CICLO DE PALESTRAS CIDAF



01 de Junho de 2018: 10h00-13h00

Training diaries as a means of optimizing performance and minimizing maladaptation

Veronica Vleck Ph.D.

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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

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