



**Joel Smith**

Intuitive Sprint Development in  
Athletic Performance



**Elena Bergamini**

Performance Monitoring Systems



**Håkan Andersson**

Assisted Sprint Training



**Marco Orsenigo**

Resisted Sprint Training for 100  
and 400m

# SPEED FESTIVAL

**19TH-20TH OCTOBER**

**BERGAMO - ITALY**

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The biggest International  
conference on Speed  
Development entirely  
dedicated to training  
strategy!

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**ORGANIZED BY**



**PARTNERS**



**1080 MOTION™**



IL SEMINARIO DÀ DIRITTO A 1 CREDITO FORMATIVO

**SUBSCRIBE ONLINE:**  
[www.speedfestival.net](http://www.speedfestival.net)



**Alessandra Scarton**

Running Shoes Biomechanics



**Jean-Benoit Morin**

Force-Velocity Profile



**Marco Daprà**

Biomechanical Analysis and  
Running Shoe Selection



**Giorgio Frinolli**

How Much Strength is Needed  
to Run Fast?

# SATURDAY

19TH OCTOBER, 2024

**SPEED**  
FESTIVAL

13:30-14:15      **REGISTRATION & WELCOME ACTIVITIES**

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14:15-15:00      **EVALUATION SYSTEM TECHNOLOGY**  
**ELENA BERGAMINI**

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15:00-15:45      **HOW MUCH STRENGTH IS NEEDED TO RUN FAST?**  
**GIORGIO FRINOLLI**

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15:45-16:45      **RUNNING SHOES BIOMECHANICS**  
**ALESSANDRA SCARTON, MARCO DAPRA'**

POWERED BY  **MICROGATE**

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16:45-17:15      **DEMO WITH MICROGATE**  
POWERED BY

 **MICROGATE**

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17:15-17:45      **Q&A SESSION**

# SUNDAY

## 20TH OCTOBER, 2024

**SP**EED  
FESTIVAL

**09:30-09:45**      **WELCOME ACTIVITIES**

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**09:45-10:30**      **BIOMECHANICS OF SPRINTING**  
**HAKAN ANDERSSON**

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**10:30-11:15**      **FORCE -VELOCITY PROFILE**  
**JEAN-BENOIT MORIN BY VIDEO CONFERENCE**

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**11:15-11:45**      **DEMO WITH 1080**

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**1080** MOTION™

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**11:45-12:45**      **ASSISTED SPRINT TRAINING**  
**HAKAN ANDERSSON**

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**12:45-14:00**      **LUNCH BREAK**

# SUNDAY

20TH OCTOBER, 2024

**SP**EED  
FESTIVAL

14:00-14:45 **RESISTED SPRINT TRAINING FOR 100&400MT**  
**MARCO ORSENIGO**

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14:45-15:30 **IINTUITIVE SPRINT DEVELOPMENT**  
**JOEL SMITH BY VIDEO CONFERENCE**

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15:30-16:00 **DEMO WITH PARTNERS**

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16:00-16:45 **RUNNING BIOMECHANICS:**  
**DATA, TECHNOLOGIES, AND STRATEGIC CHOICES**  
**ALESSANDRA SCARTON, MARCO DAPRA'**

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16:45-17:30 **Q&A SESSION**