

PROGRAMME AT A GLANCE

PRE-CONGRESS DAY

MONDAY

09:00 - 11:00	Environmental Contamination: How is that the Source of Inadvertent Doping in Sport
09:00 - 15:30	Embracing Variability: Sex, Gender and Research Design in Sport, Health and Exercise Science
10:30 - 12:00	On-Field Biomechanics: Performance Testing for Injury Risk and Return-to-Play
13:00 - 18:00	Running Sciences Symposium: Where Running Science Meets Coaching
14:00 - 16:45	POMOCA & ThinkSport - Sports Innovation within the Canton de Vaud
14:00 - 17:00	Healthy Active Campuses in Europe: The Role of Sport and Physical Activity in Sustainable University Health
14:00 - 17:00	Visit to the IOC Headquarters - The Olympic House
14:00 - 17:00	From the Weight Room to the Track: Engineering Speed in Elite Athletes!
14:00 - 17:15	Open and Reproducible Musculoskeletal Ultrasonography Data
15:00 - 18:00	Applied Sport Science in Performance Sport
17:00 - 19:00	PINES - The Sports Nutrition Battles
17:00 - 18:30	Beyond the Impact: Understanding and Preventing Concussions in Sports (Public Lecture) FRENCH

6 JULY 2026

PROGRAMME AT A GLANCE

PRE-CONGRESS PROGRAMME

07:30 - 18:30	Registration open
09:00 - 11:00	Visit to the Olympic Studies Centre & Olympic Museum
09:00 - 11:00	Digital Motion: Transforming Habits, Experiences and Data into Value
09:00 - 11:30	Masterclasses (exact duration varies)
09:00 - 11:00	Integrative Medicine for Field-Ready Performance Assessment - sponsored by Dr Kurucsai
09:30 - 11:00	The Power of Protein in Performance and Recovery: From Science to Practice - sponsored by Danone Research
10:15 - 11:45	How Many Ages Are There?: Chronological, Molecular, Functional - sponsored by Technogym
11:00 - 11:45	ECSS General Assembly

OFFICIAL CONGRESS START

12:00 - 13:15	Invited Symposia/Oral/ECSS YIA & GSSI Presentations
13:15 - 13:30	<i>Break</i>
13:30 - 14:45	Invited Symposia/Oral & ECSS YIA Presentations
14:45 - 15:15	<i>Coffee Break</i>
15:15 - 17:45	Cycling Science: Exploring Performance, Health and Innovation - sponsored by GSSI
17:45 - 18:00	<i>Break</i>
18:00 - 19:00	Opening Ceremony (incl. GSSI Awards Ceremony)
19:00 - 20:00	Welcome Reception

ECSS Lausanne 2026

7-10 JULY 2026



WEDNESDAY

PROGRAMME AT A GLANCE

07:30 - 17:45	Registration open
08:00 - 09:15	Invited Symposia/Oral & ECSS YIA Presentations
09:15 - 09:30	<i>Break</i>
09:30 - 10:45	Invited Symposia/Oral & ECSS YIA Presentations
10:45 - 11:00	<i>Break</i>
11:00 - 12:15	Invited Symposia/Oral & ECSS YIA Presentations
12:15 - 13:30	<i>Lunch Break</i>
13:30 - 14:45	Plenary Session I
14:45 - 15:00	<i>Break</i>
15:00 - 16:15	Invited Symposia/Oral & ECSS YIA Presentations
16:15 - 16:45	<i>Coffee Break</i>
16:45 - 18:00	Invited Symposia/Oral & ECSS YIA Presentations
18:00 - 18:15	<i>Break</i>
18:15 - 19:15	Poster & ECSS YIA Presentations

8 JULY 2026

PROGRAMME AT A GLANCE

07:00 - 08:00	Bengt Saltin Run (registration required)
08:00 - 18:30	Registration open
08:30 - 09:45	Invited Symposia/Oral & ECSS YIA Presentations
09:45 - 10:00	<i>Break</i>
10:00 - 11:15	Invited Symposia/Oral & ECSS YIA Presentations
11:15 - 11:30	<i>Break</i>
11:30 - 12:45	Plenary Session II
12:45 - 14:00	<i>Lunch Break</i>
14:00 - 15:15	Invited Symposia/Oral Presentations
15:15 - 15:30	<i>Break</i>
15:30 - 16:30	Poster Presentations
16:30 - 17:00	<i>Coffee Break</i>
17:00 - 18:15	Invited Symposia/Oral Presentations
18:15 - 18:30	<i>Break</i>
18:30 - 19:30	Poster Presentations
20:00 - 23:00	Uniting Excellence in Sport Science Reception (invitation only)

THURSDAY

9 JULY 2026

PROGRAMME AT A GLANCE

07:30 - 17:30	Registration open
08:00 - 09:15	Invited Symposia/Oral Presentations
09:15 - 09:30	<i>Break</i>
09:30 - 10:45	Invited Symposia/Oral Presentations
10:45 - 11:00	<i>Break</i>
11:00 - 12:15	Invited Symposia/Oral Presentations
12:15 - 13:30	<i>Lunch Break</i>
13:30 - 14:45	Invited Symposia/Oral Presentations
14:45 - 15:00	<i>Break</i>
15:00 - 16:15	ECSS YIA Finalists Presentations
16:15 - 16:45	<i>Coffee Break</i>
16:45 - 18:00	Plenary Session III
18:00 - 19:00	Closing Ceremony (incl. ECSS YIA Winners Ceremony)
19:00 - 19:30	<i>Walk to Amphimax</i>
19:30 - 21:30	Farewell Reception
From 22:00	Friday Night Party at MAD Club

FRIDAY

10 JULY 2026