

Time	Programme / Topic	Speakers	Speaker Profile	Synopsis
8:00 AM - 8:30 AM	Registration	-	-	
8:30 AM - 8:45 AM	Welcome Speech	Liew Wei Yong	TLC Founder and Organiser of Runners Convention	
8:45 AM – 9:45 AM	In The Moment	Lizzy Hawker	5 time winner of The North Face Ultra Trail du Mont Blanc Set a new world record running from Everest Base Camp to Kathmandu (Nepal). National Geographic Adventurer of the year 2013	5 times North Face Ultra Trail du Mont Blanc (UTMB) winner, hold the world record for Everest Base Camp to Kathmandu, 63 hrs 8 minutes and 24hrs on the road, 247.07 km. Lizzy will be sharing her experience In conquering mountains and all her races can be applied to every runner to achieve their personal best.
9:45 AM – 10:45 AM	How to train efficiently (Balancing Work, Training and your Commitments)	Ricky Lightfoot	Representing Team Great Britain Winner of the IAU Trail World Championships Set a new course record for the 50 km Xtreme Dodo Trail in 2014.	Being a full time fireman and a dad to a 10 month old daughter, Ricky will share how he managed to be able to train and juggle work and other commitments and still perform in major competitions.

10:45 AM – 11:15 AM	Break			
11:15 AM - 12:15 AM	All about your Gear and Nutrition	Samantha Fanshawe	4 Deserts Race Series President	Samantha Fanshawe will cover on selecting the right equipment; nutrition and hydration; race strategy; and some common mistakes made.
12:15 AM – 1:00PM	All About Running	Panel Discussion: Liew Wei Yong (Facilitator), Lizzy Hawker, Ricky Lightfoot, Samantha Fanshawe, , Chris McCormack and Corrado)	As per above	Speakers will cover latest running tips, transition from road to trail, Marathon to Ultra and any questions the participants post to them.
1:00 PM – 2:00PM	Lunch Break			
<b>Practical Break Out Sessions</b>				
2:00 PM – 3:00 PM (Room 1)	Sports Taping & Chiropractor	Dr Matthieu Maugueret	Doctor of Chiropractic and Medical Postgraduate in Posturology from Paris with 10 years of experience and a vast	Participants will learn about correct way of Sports Taping and posture for running to prevent injury

			panel of specialties to treat people who suffer from constant aches and pains.	
4:00 PM – 5:00 PM (Room 1)	Somatics	Hsung Yew Har	Certified Pilates and Somatics Trainer and owner of Studio 39 Lah.	<p>Somatic refers to a human body experience. A body-mind approach to movement. In this session we will have a brief discussion on muscles control in the context of the central nervous system and the brain. We will cover the contradictory contraction of muscles and the consequence affecting Posture, body alignment, and efficient movement.</p> <p>Participants will learn a technique from the Hanna Somatics approach to release muscle contraction.</p>

<p>3:00PM – 4:00 PM (Room 2)</p>	<p>Strength &amp; Conditioning</p>	<p>Derrick Price</p>	<p>He holds a Masters of Science in Exercise Science and Health Promotion with an emphasis on injury prevention and performance enhancement from the California University of Pennsylvania. Derrick also is a Master Trainer for ViPR, PowerPlate, Core-Tex, Technogym, and Hyperwear.</p>	<p>It has become well documented that to make endurance runner's more efficient and last longer in their sport, a cross training model that includes Strength and Conditioning should be incorporated. This session will explore the Institute of Motion's 4Quadrant Training Model as the baseline for a strength and conditioning program for runners along with runner-specific exercises that will enhance the longevity and whole-body strength for anyone looking to pound the pavement.</p>
<p>4:00 PM – 5:00PM (Room 2)</p>	<p>HITT for Runners</p>	<p>Derrick Price</p>	<p>As of Above</p>	<p>The latest research on repetitive long distance running is showing how the cumulative effect of running can lead to heart disease and tissue degradation. Thus a well balanced training program is required, especially one that incorporates the popular H.I.I.T, or High Intensity Interval Training. This session will explore various H.I.I.T based intervals using gym friendly exercises designed specifically for anyone looking to run long distance for sport or leisure.</p>
<p>3:00 PM – 4:00 PM 5:00 PM – 6:00 PM (Concourse)</p>	<p>Cross Core 180</p>	<p>United Lifestyle Master Trainer</p>	<p>Master Trainer of CrossCore 180</p>	<p>Participants will get to learn how to train on the strength and agility on functional equipment like CrossCore 180.</p>

<b>Practical Session 1(Outdoor Venue)</b>	
2:30 PM - 4:00 PM	Lizzy Hawker
	Ricky Lightfoot
	Corrado
	Chris MacCormick

<b>Practical Session 2(Outdoor Venue)</b>	
4:30 PM – 6 PM	Lizzy Hawker
	Ricky Lightfoot
	Corrado
	Chris MacCormick