

JENNIFER HAUKE



CONFERENCE & WORKSHOP

**OPTIMIZING PERFORMANCE
FUELING YOUR RUN**

14 & 16 SEPTEMBER 2023

For more information, go to
beirutmarathon.org/542

Organized by:



Supported by:



JENNIFER HAUKE



14 SEPTEMBER 2023

Understanding Female Athlete Physiology



BDD, BLDG 1208, GF



06.30 - 07.30 PM

Introduction to the Female Hormonal Cycle - Explore the intricacies of the female hormonal cycle and its impact on athletic performance. Jennifer Hauke will provide insights into the various phases and how they can influence training strategies.

Physiological Differences: Male vs. Female.

Discover the physiological distinctions between male and female athletes that should be considered when designing training programs. Learn how these differences can affect training outputs and ultimately, performance.

Nutrition, Rest, and Recovery Concepts: Real Case Studies. Jennifer Hauke will delve into the crucial aspects of nutrition, rest, and recovery, using real-life case studies to highlight their impact on optimizing performance in female athletes.

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16 SEPTEMBER 2023

Harnessing Hormonal Cycles for Training Excellence



PERFORMANCE FIRST GYM
BAABDA



11.00 AM - 12.30 PM

Brief Introduction to Hormonal Cycles Start the day with a concise overview of both female and male hormonal cycles, setting the stage for a deeper exploration of training considerations.

Training Within Your Hormonal Cycle Dive into the specifics of training strategies tailored to the different phases of the hormonal cycle. Gain insights into optimizing strength and endurance training based on hormonal fluctuations.

Practical Session: Technique and Running Economy Get ready to roll up your sleeves and put theory into practice! Join Jennifer Hauke in an interactive session focusing on technique enhancement and improving running economy.

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REGISTRATION INFORMATION

14 September 2023

\$20.00 USD entry fee (General Public)

Free Entrance to 542 Training Program Loyalty Card Holders

16 September 2023

\$25.00 USD entry fee (General Public)

\$15.00 USD for all 542 Training Program Loyalty Card Holders

Click [HERE](#) to Register

MEET JENNIFER HAUKE



About Jennifer Hauke;



Fastest New Zealand Female over 800m
4th Fastest German Female over 800m
Nike Well Collective Coach
Female Performance Consultant