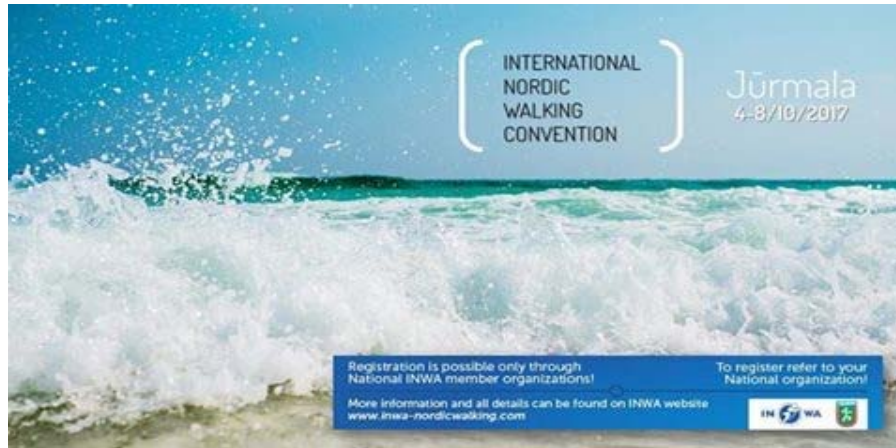


INTERNATIONAL NORDIC WALKING CONVENTION 2017

JURMALA (LATVIA) – 2nd - 8th, 2017



Draft timetable:

5th of October – 17.00- 18.00 Registration Convention
18.00- 20.00 **Opening Ceremony of the Convention**

Official opening speeches by:
INWA President, LTSA President, Jūrmala city

18.30-18.45 Latvian Sport for All association`s Presentation
18.45-20.00 Personal INWA member country presentation
(max 7 min each)
20.00 Dinner



Education programme
INWA Convention 2017, Jūrmala, Latvia

Friday 6th October

Time	Event	Speakers/Trainers
09.00-09.45	DNA and how the personal genome analysis can help with the planning of the health programs and lifestyle changes.	Maili Lepola IFMPC-certified practitioner, leading DNA-specialist in Scandinavia, Scientific Director of Nordic Genex Oy, Finland.
09.45-10.30	INWA World Cups 2017 - Future and opportunities of NW competitions - Summary of the 2017 World Cups (Latvia and China)	Aki Karihtala , INWA President Finland Co- lecturer Mr. Yao Xinxin and Mr. Ted Tian, China
10.30-11.00	Coffee break	Nordic Genex Oy DNA-info stand open.
11.00-11.30	Referee work and education in WC	Mr. Ted Tian and and Mr. Yao Xinxin
11.30-12.00	NW technique and injury prevention	Cristina González Castro (INWA-Spain National Trainer)
12.00-12.45	NW in schools in China	Prof. Wang Chaojun China University of Mining and Technology
12.45-13.00	Questions and discussions	
13.00-14.15	Lunch	
14.15 -14.45	The role of NW competition in cancer recovery	Dr. Matilde Mora Fernández Universidad de Sevilla, INWA Instructor
14.45 –15.15	Chronic kidney disease Physical activity after transplantation.	Dr.Med. Jeva Ziediņa- RSU-transplant laboratory leading specialist
15.15–16.45	Warming up and cooling down group work and video shooting	Raffaella Rosa and Naohiro Takahashi , INWA International Trainers
16.45-17.00	Coffee break and questions and discussions	
17.00-18.00	Funny Finn Sports Games	Aki Karihtala
18.00- 20.00	Sauna and spa	Relaxation Finnish and Latvian style
20.00- 21.00	Dinner	

Saturday 7th October

Time	Event	Speakers/Trainers
9.00-10.00	Untraditional strength exercises using own body weight	Aleksandra Cuprika - Assistant Professor at Latvian Academy of Sport Education
10.00-11.00	Walking and Nordic Walking video analyses	Marco Maas , INWA International Trainer, The Netherlands
11.00-11.15	Coffee break	
11.15- 12.30	Practical work with the International Trainers	Marco Maas, Raffaella Rosa, Naohiro Takahashi , International INWA Trainers
12.30-13.30	Lunch	
13.30 -14.15	Heart health and physical activities.	Dr . Med. Andrejs Erglis LU professor, LAS academician, cardiologist. Head of the Latvian Cardiology Center
14.15- 17.30	Practical work with the International Trainers	Marco Maas, Raffaella Rosa, Naohiro Takahashi , International INWA Trainers
17.30 -18.00	Coffee break	
18.00-18.30	Discussions	
18.30-	Meetings and discussions, planning with new INWA members	Sauna and spa available 18.00-20.00
20.00	Gala Dinner	Cocktail Attire

Sunday 8th October.

Departure