

SOPHIAALEN

October 16th 08.55 – 09.45

“From molecule to performance – the role of recovery”

Chair: Martin Asker (SWE), Associate professor

Speakers:

William Apró (SWE), Associate professor, Stockholm School of Sports and Health Sciences – “The role of dietary amino acids in regulating muscle protein synthesis”

Clara Onell (SWE), PhD, Sophiahemmet University – “Fueling Recovery: Nutrition Strategies for Injury and Healing”