

SEMINARIO

Applied exercise physiology and the lactate shuttle: what we know and future perspectives

PROGRAMMA

15:00 **Registrazione**

15:15 **Saluti istituzionali**

15:20 **Pills of history: (Exercise-) Physiology at the University of Padova**

Prof. Fabio Zampieri – University of Padova

15:30 **Microteach young investigator – The many faces of exercise intensity**

Dr. Sara Faggian – University of Padova

15:45 **Physiological key factors for optimal athletic training**

Prof. Iñigo San Millán – University of Colorado, School of Medicine

16:30 **Microteach young investigator – Exercise and lactate at high altitude: climbing the paradox**

Dr. Nicola Borasio – University of Padova

16:45 **Lactate shuttles and carbohydrate carbon flow**

Prof. George Brooks – University of California, Berkeley

17:30 **Discussione**

8 OTTOBRE 2025
15:00 - 18:00

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