

## A. PERSONAL DETAILS

### University Position:

Research Fellow (Triathlon). CIPER. Faculty of Human Kinetics. University of Lisbon.  
Estrada da Costa. Cruz Quebrada- Dafundo. 1499-002 Lisbon.

## B. EDUCATION:

### Ph.D., Staffordshire University, 2003:

“Triathlete Training and Injury Analysis”: Development of training diary based models for monitoring training status so as to prevent maladaptation and optimise performance in elite endurance athletes.

### M.Sc. Sports Science, Loughborough University, 1993:

Psychology of Optimal Sports Performance, Motivation in Sport, Physiology of High Intensity & Endurance Exercise; Exercise Promotion and Prescription, Exercise & Health, Research Methods.

### B.Sc. Hons. Biochemistry, Edinburgh University, 1991:

Biochemistry, Pharmacology, Chemistry, Physiology, Cell Metabolism, Cell Biology, Quantitative Biology.

## C: UNIVERSITY APPOINTMENTS

### **1. RESEARCH BASED**

Current: Research Fellow, University of Lisbon. Previously: two consecutive FCT research fellowships (“Triathlete fitness, fatigue & adaptation” and “The changing relationship between multidisciplinary endurance sport participation and health status across the lifespan”). 2009-2019: Univ. of Lisbon, POR. Research & teaching fellowship, Univ. of Toulon-Var, FRA, 2003 (3 months). International biochemistry research scholarship, 1992 (6 months): Univ. of Concepcion, CL.

### **2. LECTURING/ COURSE MANAGEMENT RELATED POSTS**

#### Degree Leader/ Senior Lecturer, Univ. of Westminster, 2003-2009, Univ. of Greenwich, 2001-2003.

Courses taught: Advanced sports physiology, exercise physiology, sports & exercise biochemistry, metabolism, sports and exercise psychology, and exercise testing and prescription.

Occasional lecturer on British Triathlon, Spanish Triathlon Federation and Portuguese Triathlon Federation (level 2) coaching accreditation courses, 1997-to date. Organizer, 1st European Triathlon Union Medical and Research Committee European Championships Conference, 1999, 2001; Cascais Triathlon Conference, 2016; Cascais Global Triathlon Conference, 2017.

## D: COACHING/ SPORTS SCIENCE/MEDICAL SUPPORT EXPERIENCE

### 1997-2000 National Sports Medicine Institute of the UK (Laboratory Director, 2000):

Integrated sports science and coaching support for clinical, exerciser and novice to Elite athletes in multiple sports. Set up and was head coach for ‘Pro-Fit’ triathlon club. Coaching up to Olympic selection level in triathlon. Shortlisted for National Coach/ Performance Director Position: Triathlon South Africa 2001, Performance Directorship, Triathlon New Zealand, 2017.

2000 onwards, various Olympic Teams (including 2 Olympic silver medalists in triathlon): Performance modelling, technical analyses, & sports science support (including training diary monitoring and design).

1998 to 2013. Chair, Medical & Research Committee, European Triathlon Union. Major role and responsibility in the medical support setup for the pre-Olympic 2011 European Triathlon Championships, and a research/ medical logistics related role at the 2013 (World Championship), 2014 and 2015 ITU London triathlons.

#### **E. RESEARCH ACTIVITY AND ITS DISSEMINATION:**

(see [https://www.researchgate.net/profile/Veronica\\_Vleck](https://www.researchgate.net/profile/Veronica_Vleck))

Orcid ID: /0000-0001-8168-8633.

Scopus Author ID: 6603303072. ResearcherID: H-6473-2011.

Research gate score 32.16.

H index: 14

Supervisions: Ph.D. 2, Masters 6, Undergraduate 50.

Publications ([https://www.researchgate.net/profile/Veronica\\_Vleck](https://www.researchgate.net/profile/Veronica_Vleck)):

Peer reviewed papers/ book chapters/books: 40. Peer reviewed abstracts: 46 to date.

Academic conference presentations: Over 40 to date (over 15 of which as an invited speaker, & 4 posters).

Conference organization: European Triathlon Union European Championships Conference 1999, 2001. Cascais triathlon conference 2016, Cascais Global Triathlon Conference 2017 (webpage in Portuguese

<https://3ironsports.com/global-triathlon-conference/> (webpage in English) <https://3ironsports.com/en/global-triathlon-conference/> with the support of the Portuguese Triathlon Federation (FTP) the “Instituto de Desporto Portugues de Juventude” (IDPJ), the Portuguese Olympic committee, and the Association of Trainers of Portugal; and presenters including the Medical lead for the English Institute of Sport and Account Technology Strategy Director for Microsoft Central and Eastern Europe.

#### **F. EVIDENCE OF ESTEEM**

Examiner: 5 Ph.D.'s, approx. 25 Masters dissertations to date. Invited Editor (Sports Medicine) for Cambridge Scientific Publishing. Invited co-Editor for special issue of “Sports” on Maximising Health and Performance in Triathlon ([http://www.mdpi.com/journal/sports/special\\_issues/Maximising\\_Triathlon\\_Health](http://www.mdpi.com/journal/sports/special_issues/Maximising_Triathlon_Health)).

Invited author, in conjunction with Dr David Hoeden, of “Epidemiology of injury and illness in triathlon,” chapter of the upcoming Springer International book on “Triathlon Medicine” supported by the world governing body (ITU)

Invited to organize the 2016 Cascais Triathlon Conference and the 2017 Cascais Global Triathlon Conference by the Portuguese Triathlon Federation and the Cascais 70.3 Ironman event.

Invited speaker: 2<sup>nd</sup> ITU World Conference on Science and Medicine in Triathlon, 2013; 6th International Congress of Physical Education & Human Movement & 12th São Paulo State Symposium of Physical Education, Brazil, 2009; ECSS Annual Congress, 2008; and the First United States Olympic Training Centre & USA Triathlon Congress, 2004.

Previously: Member of the International Advisory Committee for Olympic & Commonwealth Games (approx. 5 years), Chair of the Medical and Research Committee of the European Triathlon Union & International Representative for UK Sport (for approx. 15 years)

Reviewer: Sports Med, JSS, BJSM, Biomed Research International, JSSM, Eur JAP, Eur J Sports Sci, Med Sci Sports Exerc, Chinese Journal of Applied Physiology, JAT, Percept Mot Skills, PlosOne, Psychology of Sport & Ex, Open access Journal of Sports Medicine (Publons ID [publons.com/a/1428717/](https://publons.com/a/1428717/)), Translational Sports Medicine.

#### **G. LANGUAGES**

English, Portuguese, French, & Spanish. Some German.

## **H. DETAILS OF APPLIED CLINICAL, SPORTS/EXERCISE SCIENCE SUPPORT EXPERIENCE.**

### **a) 1997-2000 NATIONAL SPORTS MEDICINE INSTITUTE OF THE UK (LABORATORY DIRECTOR, 2000)**

In charge of & involved in the delivery of integrated coaching and sports science support services (for which was accredited by both the British Olympic Association, and the British Association of Sports and Exercise Scientists in  $\approx$  2000) including: Research studies on chronic fatigue syndrome, lupus erythematosus, and growth hormone disorder. Sports science support provision to members of Olympic and/or National Squads (triathlon, duathlon, Nordic skiing, athletics, swimming); non-elite athletes (football, motor racing, sailing, rowing, cricket, cycling and triathlon) and sedentary populations (health and fitness appraisal).

Has coached at both age-group (multiple World Championship medallists) and (GBR) Olympic Selection Squad level in triathlon. Shortlisted for positions of National Coach and Performance Director, Triathlon South Africa, 2001; Performance Directorship, Triathlon NZ, 2017.

### **b) SPORTS SCIENCE SUPPORT, OLYMPIC SQUADS, 2000- onwards.**

Athletes worked with included World ranked number 1 triathlete, Olympic Games silver medalists in both Beijing 2008 and London 2012, and multiple European Senior and under 23 Champions. Work with the Portuguese Triathlon Squads – which culminated in an Olympic silver medal- was formally recognized by the National Coach as ‘integral to the preparation of the Team for the Beijing 2008 Olympic Games.’

## **I. DETAILS OF LECTURING/ COURSE MANAGEMENT EXPERIENCE**

### **a) LECTURING, UNIVERSITIES OF GREENWICH (2001-2003) AND WESTMINSTER (2003-2009)**

Module leader for: <sup>1a</sup>Advanced Sports Physiology, <sup>2a</sup>Exercise Testing and Prescription, <sup>3</sup>Exercise Physiology, <sup>4</sup>Sports Psychology.

*(<sup>c</sup> Sole lecturer on both final year ‘core’ modules- 100% pass rate, students’ obtained average marks in 2008 of 68% & 69% respectively and 5/8 of the 1<sup>st</sup> Class degrees awarded in the Faculty).*

#### **Lecture Topics included:**

<sup>1</sup> Long and short term athlete development; jet-lag; altitude training; the thermoregulatory response to exercise; metabolic responses to sprint, multiple sprint, middle distance and endurance performance; general exercise biochemistry; detraining, overtraining and the unexplained underperformance syndrome, training monitoring.

<sup>2</sup> Exercise promotion and prescription, exercise adherence, exercise in special populations (diabetes, cardiovascular disease, special respiratory conditions, obesity, childhood, in the aging population, pregnancy, etc.)

<sup>3</sup> Exercise biochemistry, cardiorespiratory, biochemical and other responses to exercise and training; rationale and methods of designing sport specific tests ( $\approx$  30 sports covered to date).

<sup>4</sup> The sports psychologist, injury in athletes, counseling skills, athletic and psychological skills training, motivation.

#### **UNIVERSITY OF LISBON, 2009-2019**

Entire module, Research Methods (Masters Level). Various invited lectures to Ph.D. students. Presentation to the Portuguese Society of Sports Medicine (altitude training, in Portuguese).

## **J. DETAILS OF CURRENT RESEARCH**

### **FOCUS**

1. Qualifying the extent to which positive outcomes of combined swim, cycle and run endurance training such as decreased risk for non-communicable disease may be outweighed by negative ones such as injury, illness, and increased cardiovascular risk, as a function of age and training/racing load.

2. Extension of research into the use of training diaries as a means of determining which risk factors have most influence on injury and illness, and predicting impending maladaptation.

#### b) RESEARCH SUPERVISION/ EXAMINATION

Ph. D. Director of Studies for 1 student at the Univ. of Westminster, UK (Ph.D. awarded 2012), and external supervisor for one part-time student investigating fatigue mechanisms in triathlon at the Univ. of Lincoln, UK until 2013. External Ph.D. examiner (triathlon, cycling, medical physiology) for the Univ. Polytechnica de Madrid, ESP (2 in 2010), University of Otago, NZ (1, 2014), and University of Malta (2, 2018-2019).

M.Sc. Supervisory/advisory role in 3 projects (one ongoing) at the University of Lisbon and the Lusofona University, POR. Examiner for approx 20 M.Sc. candidates to date, University of Lisbon, Lusofona University.

#### Undergraduate Research Projects:

Forty three UK based supervisions to date, including recipient of 2005 Physiological Society (UK) Prize, and 5 recipients of University Research prizes, University of Westminster, UK. 2008.

**PUBLICATIONS** (download from [https://www.researchgate.net/profile/Veronica\\_Vleck/research](https://www.researchgate.net/profile/Veronica_Vleck/research)):

#### PAPERS IN PEER REVIEWED JOURNALS:

1. Vleck V., Garbutt G. (1998). 'Training and injury characteristics of male Elite, Development and Club triathletes.' *Int J Sports Med* 19 (1): 35-38.
2. Millet, G. & Vleck, V. (2000). 'Physiological and biomechanical adaptations to the cycle-to-run transition in 'Olympic triathlon: review and recommendations for training.' *British J Sports Med* 34: 384-390.
3. Bentley, D.J.; McNaughton, L.R.; Thompson, D.; Vleck, V.E.; & Batterham, A.M. (2001). 'Peak power output, the lactate threshold and time trial performance in cyclists.' *Med Sci Sports Exerc* 33(12): 2077-2081.
4. Bentley, D.J.; Millet, G.P.; Vleck, V.E. & McNaughton, L.R. (2002). 'Specific aspects of contemporary triathlon: implications for physiological analysis and performance.' *Sports Med* 32 (6): 345-59.
5. Tench, C.M.; Bentley, D.J.; Vleck, V.E.; McCurdie, I.; White, P.D.; & D'Cruz, D.P. (2002). 'Aerobic fitness, fatigue and physical disability in Systemic Lupus Erythematosus.' *J Rheumatology*, 29 (3): 474-81.
6. Chrysanthopoulos, C.; Williams, C.; Nowitz, A.; Kotsiopolou, C.; & Vleck, V. (2002). 'The effect of a high carbohydrate meal on endurance running capacity.' *Int J Sport Nutr Ex Metab* 12 (2): 157-71.
7. Vleck V., Bentley, D.; & Cochrane, T. (2003). (Invited review). 'Training in triathletes.' *Science et Motricité* (50) 33-53.
8. White, P.D.; Nye, K.E.; Pinching, A.J.; Yap, T.; Power, N.; Vleck, V.; Bentley, D.J.; Thomas, J.M.; and Parkin, J.M (2004). 'Muscle and immune proteins response to exercise in the chronic fatigue syndrome: A pilot study.' *J Chronic Fatigue Syndrome* 12(2): 51-66.
9. Bentley, D.J.; Vleck, V.E.; & Millet, G.M (2005). 'The isocapnic buffering phase and mechanical efficiency: relationship to cycle time trial performance of long and short duration.' *Can J Appl Physiol* 30(1):46-60.
10. Vleck, V.; Bürgi, A.; & Bentley, D.J. (2006). 'The consequences of swim, cycle and run performance on overall result in elite Olympic Distance triathlon.' *Int J Sports Med* 27: 43-48.
11. Bentley, D.J.; McNaughton, L.; Roberts, S.; Vleck, V., Fairbanks, L.; & Marinaki, T (2006). 'Lactate threshold does not influence metabolic responses during exercise in cyclists.' *Int J Sports Med* 28: 506-512.
12. Millet, G.P.; Bentley, D.J.; & Vleck, V. (2007). (Invited paper) 'The relationships between Science and Sport: Triathlon.' *Int J Sports Physiol Perf* (2): 315-322.
13. Vleck, V.; Millet, G.; Bentley, D.; & Bürgi, A. (2008). 'Pacing during an elite Olympic distance triathlon: comparison between male and female competitors.' *JSAMS* 11: 424-432.
14. Millet, G.P; Bentley, D.J., & Vleck, V.E. (2009). Physiological adaptations to cycle and run training: lessons from triathletes. *Sports Med* 39(3): 179-206.
15. Vleck, V.; Millet, G.; Bentley, D.; & Cochrane, T (2010). 'Occurrence and Risk Factors for Overuse Injury in Elite Triathletes: Effect of Event Distance.' *Journal of Strength and Conditioning Research* 24(1): 30-36.
16. Reis, J.; Millet, G.P.; Malatesta, D.; Roels, B.; Borrani, F.; Vleck, V.; & Alves, F (2010). 'Are VO<sub>2</sub> kinetics modified when using a respiratory snorkel?' *Int J Sports Physiol Perf* 5: 293-300.

17. Dantas de Lucas, R., Machado, C.E.P., De Souza, K.M., De Oliveira, M.F.M., Guglielmo, L., Vleck, V., Denadai, S.B (2010). Aspectos fisiologicos do mountain biking competitivo (Physiological aspects of competitive mountain biking). *Rev Brás Med Esporte* 16(6)– Nov/Dec.
18. Kim, W., Tan, J., Veloso, A., Vleck, V., & Voloshin, A. S. (2011). The natural frequency of the foot-surface cushion during the stance phase of running. *J Biomechanics*, 44(4), 774-779 DOI: 10.1016/j.jbiomech.2010.10.041.
19. Millet, G.P., Vleck, V. & Bentley, D.J. (2011). Physiological requirements in triathlon. *Journal of Human Sport and Exercise* 6(2): 184-204. Available at <http://www.jhse.ua.es>
20. Vleck, V. and Bessone Alves, F. (2011). Triathlon transition tests: Overview and recommendations for future research. *Rev Int Cienc Dep* 7: I-III. <http://www.cafyd.com/REVISTA/ojs/index.php/ricyde/article/view/428>.
21. Reis, J., Alves, F.B., Bruno, P.M., Vleck, V., Millet, G.P (2012). Effects of aerobic fitness on oxygen uptake kinetics in heavy intensity swimming. *Eur J Appl Physiol*. 112(5):1689-97.
22. Diaz, V.D., Peinado, A.B., Vleck, V., Alvarez-Sanchez, M., Benito, P., Alves, F.B., Calderon, F., Zapico, A.G (2012) Longitudinal changes in response to a cycle-run field test of young male National "Talent identification" and Senior Elite Triathlon Squads. *J. Strength Condit. Res.* 26(8):2209-19.
23. Reis, J.R., Millet, G.P., Bruno, P., Vleck, V.E., Alves, F.B (2012). Oxygen uptake kinetics and middle distance swimming performance. *J Sci Med Sport*. 15(1):58-63.
24. Kim, W., Joao, F., Tan, J., Mota, P., Vleck, V., Aguiar, L., Veloso, V (2012). The natural shock absorption of the leg spring. *J Biomechanics* 11; 46(1). DOI:10.1016/j.jbiomech.2012.10.041
25. Kim, W., Veloso, A., Vleck, V., Joao, F (2012). A simple computational framework to predict patient specific gait disorders. *J Biomechanics* 07/2012; 45:S366. DOI:10.1016/S0021-9290(12)70367-6
26. Kim, W., Veloso, V., Araujo, D., Vleck, V., Joao, F (2013). An informational framework to predict reaction of constraints using a reciprocally connected knee model. *Computer Methods in Biomechanics and Biomedical Engineering* 03; 18(1). DOI:10.1080/10255842.2013.779682.
27. Kim, W., Veloso, A., Vleck V., Andrade C, Kohles S (2013). The stationary configuration of the knee. *Journal of the American Podiatric Medical Association* 03/2013; 103(2):126-135. DOI:10.7547/1030126
28. Taylor, D., Smith, M., Vleck V (2013). Reliability of performance and associated physiological responses during simulated sprint-distance triathlon. *J Sci Cycling* 1(1): 21-29
29. Bonacci, J., Vleck, V., Saunders, P.U., Blanch, P., Vicenzio, P (2013). Rating of perceived exertion during cycling is associated with subsequent running economy in triathletes. *J Sci Med Sport* 16(1): 49-53
30. Vleck, V., Millet, G.P., Bessone Alves, F (2013). Triathlon injury: an update. *Schweizerische Zeitschrift für Sportmedizin und Sporttraumatologie* 61 (3).
31. Kim, W., Veloso, A., Araujo, D., Machado, M., Vleck, V., Aguiar, L., Cabral, S., Viera, F (2013). Haptic perception- action coupling manifold of effective golf swing. *Golf Science* 2(1): 10-30.
32. Vleck, V., Millet, G.P., Bessone Alves, F (2014). The effect of triathlon training and racing on athletes' general health. *Sports Med* 44(12): 1659-92. DOI: 10.1007/s40279-014-0244-0
33. Espada, M., Reis, J.F., Almeida, T.F., Bruno, P.M., Vleck, V., Alves, F.B. (2015). Ventilatory and physiological responses in swimmers below and above their maximal lactate steady state. *J Strength and Conditioning* 29(10):2836-43. DOI: 10.1519/JSC.0000000000000504
34. Reis, J.F., Millet, G.P., Bruno, P., Vleck, V., Alves, F. (2017). Sex and exercise intensity do not influence oxygen uptake kinetics in submaximal swimming. *Frontiers in Physiology* 10;8:72. doi: 10.3389/fphys.2017.00072
35. Clark L.V., Buckland, M., Murphy, G., Taylor, N., Vleck, V., Mein, C., Wozniak, E., Smuk, M., White, P.D. (2017). Cytokine responses to exercise and activity in patients with chronic fatigue syndrome: Case control study. *Clin Exp Immunol*. 190(3):360-371. doi: 10.1111/cei.13023

### **BOOK CHAPTERS:**

36. Vleck (2018). The changing relationship between multidisciplinary (triathlon) exercise and health across the lifespan. In *Research on Human Kinetics- multidisciplinary perspectives* (Eds. Alves F, Rosado O, Pereira LM, Araujo D). Lisbon University Press.
37. Vleck, V.E. (2010). 'Triathlon Injury.' In 'Epidemiology of Injury in Olympic Sports.' International Olympic Committee 'Encyclopaedia of Sports Medicine' Series pp 294-320. Blackwell Publications.
38. Millet, G.P; & Vleck, V.E. (2011). 'Triathlon specificity.' In *Swimming: Science and performance* (Eds: L. Seifert, D. Chollet and I. Mujika). Hauppauge, NY: Nova Science Publishers Inc.
39. Piacentini, M.F., Bianchini LA, Mingati C, Sias M, Di Castro A, Vleck V (2019). "Is the bike segment of modern Olympic triathlon more a transition towards running in males than it is in females?" Special Issue (Vleck V, Piacentini MF, Hoeden D, Eds.): Maximising triathlon health and performance: the state of the art." *Sports* 2019, 7(4), 76; <https://doi.org/10.3390/sports7040076> - 29 Mar 2019
40. Piacentini MF, Vleck V, Lepers R (in press). "Effect of age on the sex difference in Ironman triathlon Performance." Original research article. Special Issue on Masters athletes (Lepers, Ed.) "Les athlètes masters : l'âge n'est qu'un nombre. Masters athletes: age is just a number." *Science et Motricité/Movement and Sport Science* doi <https://doi.org/10.1051/sm/2019030>
41. Vleck, V & Hoeden, D (in press). Epidemiological aspects of illness and injury. In *Triathlon Medicine* (Ed: S. Migliorini). Springer.

### **BOOKS:**

42. Vleck, V (2010). 'Triathlete Training and Injury Analysis- an investigation in British National Squad and age-group triathletes.' *VDM Verlag Publishers*. Saarbrücken, Germany.

### **PEER-REVIEWED ABSTRACTS**

1. Graham, A.S.; Vleck, V.E.; & Garbutt, G (1996). 'Blood lactate and estimated  $\dot{V}O_{2max}$  for swim bench and swimming pool performance in male triathletes.' *Journal of Sports Sciences* 14 1:S83-84.
2. Vleck, V.E.; & Garbutt, G. (1997). 'Le surentraînement en triathlon' ('Overtraining in Triathlon'). In 'Léhenaff, D.; Helal, H (eds.): Un Sport, deux enchaînements, trois disciplines: le triathlon. *Les cahiers de l'INSEP* (20): *L'Institut National du Sport et de l'éducation physique, Paris, France*.
3. Vleck, V.E.; & Garbutt, G. (1998). 'Development of Triathlon Specific Normative Data for the Profile of Mood States-C.' *Journal of Sports Sciences* 16 (5): 399.
4. Vleck, V.E.; & Garbutt, G. (1998). 'Overuse injury and associated risk factors in squad and club level triathletes.' *Journal of Sports Sciences* 16 (1): 66-67.
5. Vleck, V.E. (2001). ('Training Status Indicators for Optimisation of Training and Performance in Elite Triathletes: A preliminary analysis) *Actes du deuxième symposium international de l'Entraînement en triathlon. Les cahiers de l'INSEP* (24): *Institut National du Sport et de l'éducation physique, Paris, France*.
6. Vleck, V.; & Garbutt, G. (1996). 'Mood states of triathletes prior to world championship competition.' *First International Conference on Overreaching and Overtraining in Sport, Memphis, TN, USA. June 1996*.
7. Bentley D. J.; & Vleck V. E. (2002). ('The effects of an incremental cycle test on physiological response during running: implications for the analysis of Sprint triathlon performance'). *Actes du troisième symposium international de l'entraînement en triathlon. Institut National du Sport et de l'éducation physique, Paris, France, 20-22 March 2002*.
8. Vleck, V. E.; & Bentley, D. (2002). ('Training, injury and illness within the British National Squad: a prospective study'). *Actes du troisième symposium international de l'entraînement en triathlon, Institut National du Sport et de l'éducation physique, Paris, France, 20-22 March 2002*.
9. Vleck, V. E.; Bentley, D.J.; Grubb, H.J.; & Cochrane, T.C. (2002). 'Training, injury and illness in National Squad triathletes: a prospective study.' *Proceedings of the 7<sup>th</sup> Annual Congress of the European College of Sports Sciences. Athens, Greece, July 24-28, 2002*.

10. Vleck, V.; Grubb, H.; & Bentley, D. (2002). 'Longitudinal analysis of race performance and world cup ranking in Elite triathlon.' *Proceedings of the 7<sup>th</sup> Annual Congress of the European College of Sports Sciences, Athens, Greece, July 24-28, 2002.*
11. Vleck, V.E.; Grubb, H.; Bentley, D.J.; Gallagher, S.; & Cochrane, T. (2003). 'Prediction of impending performance decrement in National Squad triathletes: use of the athlete's training diary.' *Proceedings of the 8th Annual Congress of the European College of Sports Sciences, Salzburg, Austria*
12. Bentley, D.J.; McNaughton, L.R.; Vleck, V.E.; Hatcher, J. (2003). 'The relationship between peak power output and 30-min cycling performance: effect of incremental test protocol.' *Medicine & Science in Sports & Exercise*. 35(5) Supplement 1:S337, May 2003.
13. Bentley, D.J.; & Vleck, V.E. (2004). 'Pacing strategy and performance in elite World Cup triathlon: a preliminary study.' *Annual meeting of the American College of Sports Medicine, USA. Medicine & Science in Sports & Exercise*. 36(5) Supplement: S122, 2004.
14. Vleck, V.; Santos, S.; Bentley, D.; & Alves, F. (2005). 'Influence of prior cycling on the OBLA measured during incremental running in triathletes.' *Annual Congress of the British Association of Sports and Exercise Scientists, Leeds, 2004. Journal of Sports Sciences* 23 (2): 93-223.
15. Bentley, D.; Delextrat, D.; Vleck, V.; & Reid, A. (2005). 'Reliability of a sequential running-cycling-running test in trained triathletes.' *Annual Congress of the British Association of Sports and Exercise Scientists, Leeds. Journal of Sports Sciences* 23 (2): 93-223.
16. Vleck, V.E.; Burgi, A.; Millet, G.P.; & Bentley, D.J. (2005). 'Pacing within an ITU World Cup triathlon- a comparison between male and female competitors.' *Annual Congress of the European Congress of Sport Science, Belgrade, 2005.*
17. Vleck, V.; Asensio, K.; Tewfik, I.; Bentley, D.; & McNaughton, L. (2007). 'Plasma 5-HT and Fatigue during Endurance Cycle Exercise performed under Thermoneutral Conditions.' *American College of Sports Medicine Annual Congress, New Orleans, 2007*
18. Vleck, V.; Robinson, C.; Kasic, T. (2007). 'Training, life stress & injury occurrence in British recreational runners of both genders: a one-year retrospective study.' *Annual Congress of the European Congress of Sport Science, Jyväskylä, 2007.*
19. Vleck, V.; & Bentley, D.J. (2007). 'Injury, illness and performance decrement in British National Squad triathletes: a prospective study.' *Annual Congress of the European Congress of Sport Science, Jyväskylä, Finland, 2007.*
20. Vleck, V.; Cochrane, T.; & Bentley, D.J. (2007). 'Overuse injury incidence and risk factors in elite Olympic distance triathletes: a prospective study.' *Annual Congress of Sports Medicine Australia, incorporating the Fifth National Sports Injury Prevention Conference, 14 - 16 October 2007, Adelaide, Australia.*
21. Vleck, V.; Cochrane, T.; & Bentley, D.J. (2007). 'Overuse injury incidence, severity and risk factors in British National Squad triathletes: a retrospective gender comparison.' *Annual Congress of Sports Medicine Australia, incorporating the Fifth National Sports Injury Prevention Conference, 14 - 16 October 2007, Adelaide, Australia.*
21. Reis, J.; Millet, G.; Vleck, V.; & Alves, F. (2008). 'Validity of a respiratory snorkel for determination of oxygen kinetics in swimming.' *13<sup>th</sup> Annual Congress of the European College of Sports Science, Estoril, Portugal, 9-12 July 2008.*
22. Vleck, V.; & Burgi, A. (2008). 'Performance Trends in Elite Triathlon.' *13<sup>th</sup> Annual Congress of the European College of Sports Science, Estoril, Portugal, 9-12 July 2008.*
23. Alves, M.; Vleck, V.; & Alves, F. (2008). 'Influence of event distance specialisation on performance within a sequential running-cycling-running test in age-group triathletes.' *13<sup>th</sup> Annual Congress of the European College of Sports Science, Estoril, Portugal, 9-12 July 2008.*
24. Reis, J.; Millet, G.; Bruno, P.; Vleck, V.; & Alves, F. (2008). 'Influence of performance level on oxygen uptake kinetics in swimming.' *13<sup>th</sup> Annual Congress of the European College of Sports Science, Estoril, Portugal, 9-12 July 2008.*
25. Reis, J., Alves, F., Vleck, V., Bruno, P., Millet G.P. (2009). Correlation between oxygen uptake kinetics in severe intensity swimming and endurance performance. In Loland S, Bø K, Fasting K, Hallén J, Ommundsen Y, Roberts G, Tsolakidis E (Eds), *Book of Abstracts of the 14th Annual Congress of the European College of Sport Science* (p. 84). Oslo: The Norwegian School of Sport Sciences.
26. Alves, F., Reis J., Vleck, V., Bruno, P., Millet, G. (2009). Oxygen uptake kinetics in heavy intensity exercise and endurance performance in swimmers. *Med Sci Sports Exerc*, 41(5 Suppl):S102-S103. (IF -3.399)

27. Vleck, V.E.; Ali A (2009). The effect of oral vanadyl sulphate on muscular strength, power and body composition in trained and non-trained males. In *Loland S, Bø K, Fasting K, Hallén J, Ommundsen Y, Roberts G, Tsolakidis E (Eds), Book of Abstracts of the 14th Annual Congress of the European College of Sport Science (p.377). Oslo: The Norwegian School of Sport Sciences.*
28. Vleck, V., Saunders, D.J (2009). The effect of chronic taurine supplementation on high intensity, short duration exercise performance. In *Loland S, Bø K, Fasting K, Hallén J, Ommundsen Y, Roberts G, Tsolakidis E (Eds), Book of Abstracts of the 14th Annual Congress of the European College of Sport Science (p.378). Oslo: The Norwegian School of Sport Sciences.*
29. Vleck, V.E. (2009). 'Triathlon Injury.' *VIth International Congress of Physical Education and Human Movement and XIIth São Paulo State Symposium of Physical Education, April 30-May 3, 2009.*
30. Vleck, V.E. & Millet, G.P (2009). 'Physiological differences between cycle and run training: lessons from triathletes.' *VIth International Congress of Physical Education and Human Movement and XIIth São Paulo State Symposium of Physical Education, April 30-May 3, 2009.*
31. Parker, E., Getting, S., Hucklebridge, F., Vleck, V.E & Kerrigan, M.J.P (2009). 'The effects of REV5901 on chondrocyte viability following mechanical trauma.' *Annual Meeting of the British Orthopaedic Research Society, Newcastle-upon-Tyne, 24-26 June 2009.*
32. Vleck, V.E., Ali, A (2009). 'The effect of oral vanadyl sulphate on muscular strength, power and body composition in trained and non-trained males.' *14<sup>th</sup> Annual Congress of the European College of Sports Science, Oslo, 24-27 June 2009.*
33. Reis J., Alves F., Vleck V.E., Bruno P., Millet G.P (2009). 'Correlation between oxygen uptake kinetics in severe intensity swimming and endurance performance.' *14th Annual Congress of the European College of Sports Science, Oslo, 24-27 June 2009.*
34. Parker E, Noureen S, Getting SJ, Vleck VE, Hucklebridge F & Kerrigan MJP (2010). REV5901: Chondro-protective Effects Post Mechanical Trauma. *Proceedings of the Physiological Society Meeting 19, PC156, University of Manchester, UK, 2010.*
35. Parker E, Domah S, Getting SJ, Vleck VE, Hucklebridge F & Kerrigan MJP (2010). Knee forces and inflammation: the effects of foot strike patterns and footwear. *Proceedings of the Physiological Society Meeting 19, PC176, University of Manchester, UK, 2010.*
36. Parker E, Begum N, Wunderlich C, Ravichandran N, Getting SJ, Vleck VE, Hucklebridge F & Kerrigan MJP (2010). Chondroitin and glucosamine supplementation results in increased chondrocyte viability post mechanical trauma in vitro. *Proceedings of the Physiological Society Meeting 19, PC268, University of Manchester, UK, 2010.*
37. Alves, F., Reis, J., Vleck, V., Bruno, P. (2010). Distance-time modeling and oxygen uptake kinetics in swimming. *Med Sci Sports Exerc*, 42(5 Suppl): S5431. (IF – 3.399)
38. Vleck, V.E. & Bessone Alves, F (2011). 'Triathlon injury.' *Proceedings of the 1<sup>st</sup> IOC World Conference on the Prevention of Injury and Illness in Sports, Monaco, April 2011. BJSM.*
39. Vleck, V.E. & Bessone Alves, F (2011). 'Does cross-training increase injury risk?' *1<sup>st</sup> IOC World Conference on the Prevention of Injury and Illness in Sports, Monaco, March 2011. BJSM.*
40. Vleck, V.E., Lepers, R., & Bessone Alves, F., & Millet, G.P (2011). 'Is Elite triathlete's training polarized?' *1<sup>st</sup> ITU World Conference on Science in Triathlon, Alicante, April 2011.*
41. Vleck, V.E., Lepers, R., & Bessone Alves, F., & Millet, G.P (2011). 'The wetsuit effect on ITU World Cup performance.' *1<sup>st</sup> ITU World Conference on Science in Triathlon, Alicante, April 2011.*
42. Taylor, D., Smith, M., & Vleck, V. (2011). 'Physiological correlates of simulated sprint-distance triathlon.' *1<sup>st</sup> ITU World Conference on Science in Triathlon, Alicante, April 2011.*
43. Taylor, D., Smith, M., & Vleck, V. (2011). 'Reliability of simulated sprint-distance triathlon.' *1<sup>st</sup> ITU World Conference on Science in Triathlon, Alicante, April 2011.*



## CURRICULUM VITAE DETAILS: VERONICA VLECK.

44. Parker, E., Vleck, V., et al. Diurnal rhythmicity in exercise induced inflammatory cytokine profiles: implications for the etiology of osteoarthritis. American Psychosomatic Society Meeting, Athens, Greece, March 14-17, 2012.
45. Taylor, D., Smith, M., Vleck, V. Effects of residual fatigue on pace regulation during sprint distance triathlon running. Proceedings of the 2<sup>nd</sup> World conference on Science and Medicine in Triathlon, Macolin, Switzerland, Feb 2013.
46. Walker, M., Vleck, V., Ussher, M., Sharma, S. Casualty incidence at the world triathlon championships: are age, gender and event type associated with increased risk? *BJSM* 04/2014; 48(7):670. DOI:10.1136/bjsports-2014-093494.293

### K. DETAILS OF SELECTED ORAL CONFERENCE PRESENTATIONS:

<u>Invited speaker</u> , Conferencias Doutorados, FMH 2017, 2018, 2019	"Using training diaries to optimise training and performance." "How technology can change the game."
Cascais Global Triathlon Conference, 2017	1) "Triathlon and health across the lifespan." 2) "Key lessons from the IOC Consensus Statements- focus on the Periodic Health Evaluation of the Athlete." 3) "Triathlon training, injury and illness: focus on short distance athletes." 4) "What can scientists tell coaches?" 5) Pereira and Vleck. "What do athletes want to know? - putting the scientists/coach on the spot").
Cascais Triathlon Conference, 2016	"Triathlon injury and illness across the lifespan."
<u>Invited speaker</u> , International Triathlon Conference, Universita Degli Studi di Roma, Foro Italico (ITA), 2015	"Is research just for academics- is the importance of it getting lost in translation?- examples from performance and injury research"
2010	"Cross-training adaptation"
<u>Invited speaker</u> , Jornadas Tecnicas Ibericas de triatlón 2014, Universidade de Caceres, ESP ( <i>presentation in Spanish</i> )	"Maximising health and performance in triathlon"
<u>Invited speaker</u> , 2 <sup>nd</sup> International Triathlon Union World Congress on Science and Medicine in Triathlon, Switzerland, 2013	"Triathlon Training, Illness & Injury: the current state of the art and recommendations for future work."
<u>Invited speaker</u> , Annual Congress, Portuguese Society of Sports Medicine, 2010 ( <i>presentation in Portuguese</i> )	"Altitude training"
<u>Invited speaker</u> , 6th International Congress of Physical Education & Human Movement and 12th São Paulo State Symposium of Physical Education, Brazil, 2009 ( <i>2 presentations in English, one in Portuguese</i> )	"Cross-training: lessons from triathletes" "Triathlon Injury" "Sports Psychology- an introduction"
Session Chair and <u>Invited Speaker</u> (Elite Triathlon), Annual Congress of the European College of Sports Sciences 2008 (Lisbon, POR)	"Performance Trends in Elite Triathlon"
<u>Invited speaker</u> , First International United States Olympic Committee and Triathlon Association conference on triathlon research, medicine and	"Evolution of research in triathlon health"

## CURRICULUM VITAE DETAILS: VERONICA VLECK.

coaching, Feb. 2004.

Speaker: First, Second and Seventh Annual Congresses of the European College of Sport Science.

- 1) "A comparison of training and injury characteristics of British male Elite, Development Squad and Club level triathletes"
- 2) "Mood states of triathletes prior to world championship competition"
- 3) "Training, injury and illness in National Squad triathletes: a prospective study"
- 4) "Longitudinal analysis of race performance and world cup ranking in Elite triathlon"
- 5) "Prediction of impending performance decrement in National Squad triathletes: use of the athlete's training diary"
- 6) "Pacing within an ITU World Cup triathlon- a comparison between male and female competitors"

Speaker, 1st, 2nd and 3rd international triathlon symposiums (1994, 1998, 2002). L'Institut National du Sport et de l'éducation Physique, Paris (*all presentations in French*)

- 1) "Le surentraînement en triathlon" ('Overtraining in Triathlon').
- 2) "Indicateurs de Situation d'Entraînement pour l'Optimisation de l'entraînement et de la Performance des triathlètes d'élite: une analyse préliminaire" ("Training status indicators for optimisation of training and performance in Elite triathletes: A preliminary analysis")
- 3) "Entraînement, blessures, maladies au sein de l'équipe de Grande Bretagne: étude prospective" ("Training, injury and illness within the British National Squad: a prospective study").

(Organizer and speaker): European Triathlon Union European Championships Conference 1999, 2001.

- 1) "Prevention of overtraining" (keynote lecture)
- 2) "Analysing World Cup splits: setting performance standards and training for the next Olympic cycle"

Invited speaker French National Sports Medicine Conference for Triathlon. Balurac des Bains, 2000 (*presentation in French*)

"Triathlon Performance"

Invited speaker, British Association of Sports Medicine 'Masterclass' on "Overtraining", 1999

"Optimising performance in Elite triathlon"