

PUBLIC LECTURE: Dr. James Malone

Managing Fatigue in Concurrent Training for Team Sports

Tuesday
27 May 2025
2 pm - 3 pm



Bldg B 8.1
Room 0.23



Dr. James Malone is a BASES-accredited sport scientist, and the founder of Malone Performance. With over 40 peer-reviewed publications in soccer and sports performance, he brings extensive expertise to his work mentoring and consulting professional soccer teams and practitioners worldwide. In this talk, we'll explore how to effectively integrate strength and endurance training in team sports while minimising fatigue. Attendees

will gain an understanding of the physiological interactions between different training modalities, the key strategies to manage fatigue, and how to structure concurrent training within a microcycle. Using practical case studies and real-world applications, this session will provide actionable insights for optimising performance in team sports.