
HEYDAY

INTERNATIONAL SYMPOSIUM
2026



*Where human limits become possibilities
From the field to knowledge*

INTERNATIONAL OLYMPIC ACADEMY

Ancient Olympia, Greece

3 May 2026 · 12:00 — 18:00

*In the place where the very idea of excellence was born, a new international gathering takes shape.
The HEYDAY International Symposium is a carefully curated, high-level experience where the
science of human performance meets a deeper understanding of endurance and adaptation.*

ABOUT THE SYMPOSIUM



This is not another conference. It is a carefully designed journey of knowledge and experience, where science meets real human stories and performance takes on genuine meaning.

Held immediately after the completion of the Heyday Road — the 165-kilometre route from Sparta to Ancient Olympia — the Symposium emerges from the same field of endurance and carries the lived experience of the road into knowledge, reflection and dialogue.

Through dynamic talks and contemporary approaches, the symposium explores the relationship between endurance, recovery, memory and adaptation, illuminating how we evolve on every level.

WHY ATTEND



- Gain a new perspective** — Discover ideas that are shaping the future of human performance and health.
- Apply the knowledge** — Practical tools and frameworks for performance, recovery and longevity.
- Meaningful inspiration** — True stories of endurance, growth and transcendence.
- Meaningful connection** — Participation in a select international network of professionals, scientists and high-level practitioners.

THEMATIC PILLARS



Endurance & Human Experience — Human endurance through science and lived experience.

Sports Medicine & Human Performance — The evolution of performance through health and innovation.

Memory, Recovery & Adaptation — How body and mind recover, adapt and evolve.

Human Resilience, Recovery & the Limits of Performance — Human resilience and recovery in the face of pressure, strain and the limits of performance.

THE VENUE



The symposium is hosted at the International Olympic Academy, a place of unique symbolism and historical significance. An environment that inspires, connecting the heritage of excellence with the future of human evolution.

A NEW INSTITUTION



The HEYDAY International Symposium is intended to become an annual international institution — a reference point for all those pursuing the evolution of human performance and potential.

SYMPOSIUM PROGRAMME



3 May 2026 · 12:00 — 18:00 · Ancient Olympia

12:00 — 12:15 Arrival — Welcome Coffee

12:15 — 13:00 Opening Session — Welcome Addresses

Organisers · Representatives of Partner Institutions

13:00 — 13:40 *Talk 1* — Sport, Noble Competition & the Democratic Ideal

 *Dimitrios Kouvelas*

13:40 — 14:20 *Talk 2* — From Ancient Olympia to Precision Robotic Surgery: The Evolution of Excellence in the Human Body

 *Konstantinos M. Konstantinidis*

14:20 — 15:00 *Talk 3* — **From Cancer to Longevity**

👤 *Dimitrios Spandidos*

15:00 — 16:00 **Lunch Break & Networking**

16:00 — 16:30 *Talk 4* — **The Limits of the Brain: Endurance and Neural Adaptation**

👤 *Christos Gogos*

16:30 — 17:00 *Talk 5* — **A Day on the Road: Does the Body Challenge the Spirit?**

👤 *Nikolaos Geladas*

17:00 — 17:30 *Talk 6* — **Isokinetic Medical Group approach on Sports Injuries**

👤 *Kyriakos Tsapralis*

17:30 — 18:00 *Talk 7* — **Decelerating Cardiac Aging: Diet, Exercise and Medication**

👤 *Konstantinos Tsarouchas*

Concluding Remarks — Closing of the Symposium

Questions · Acknowledgements

S P E A K E R S & C H A I R S



Nikolaos Geladas

Professor of Exercise Physiology (retired), School of Physical Education and Sport Science, National and Kapodistrian University of Athens

Christos Gogos

MD, MSc, PhD, Neurosurgeon, Director of the Neurosurgery Clinic, Asklepieion Voulas General Hospital; Visiting Professor, University of Crete

Dimitrios Kouvelas

Professor of Pharmacology — Clinical Pharmacology, Director of the Laboratory of Clinical Pharmacology, School of Medicine, Aristotle University of Thessaloniki

Konstantinos M. Konstantinidis

Director of General, Oncological, Laparoscopic and Robotic Surgery, Athens Medical Center · Scientific Director, Athens Medical Group · Professor of Clinical Surgery, School of Medicine, European University Cyprus · Adjunct Professor of Surgery, Ohio State University, USA

Dimitrios Spandidos

*Chair of the Scientific Committee
Emeritus Professor, School of Medicine, University of Crete
BSc, PhD, FRCPATH, DSc, FRSH, FASA, MAE, Dr. h.c. mult.*

Kyriakos Tsapralis

Sports Medicine Physician, Director of Isokinetic Clinic, Athens

Konstantinos Tsarouchas

Cardiologist, Consultant (Grade A), Cardiology Clinic, "Theias Pronoias Pammakaristos" Hospital, Athens

Dimitrios Tsitsiropoulos

Chair of the Organising Committee — Specialist in Sports Injuries & Rehabilitation, PT, MSc, Touro University, New York, USA · President of the Hellenic Society of Sports Medicine Sciences & Safe Athletic Practice (SPORTSMEDWORLD)

IN COLLABORATION WITH
Hellenic Sports Medicine & Sports Safety Association

S P O R T S M E D W O R L D

Be part of the inaugural edition.

Be part of what is coming.

