

2025 IRONMAN[®] WORLD CHAMPIONSHIP MEDICAL SYMPOSIUM

October 5–9, 2025 | Kailua-Kona, Hawai'i

AGENDA

Sunday, October 5

Hot Topics in Sports Medicine | 4.0 hours CME credits

TIME	TOPIC	SPEAKER
6:30 – 7:30 am	BREAKFAST / EXHIBIT HALL	
7:30 am	PPE for the Pros – Evaluating the Elite Athlete for Sports	Carrie Jaworski, MD
8:10 am	Can Too Much Exercise Be Harmful? What is the Optimal Amount?	Carl Lavie, MD
8:50 am	Heart of the Older Endurance Athlete	Chad Asplund, MD
9:30 am	BREAK	
10:00 am	Circadian Biology: A Time to Eat and a Time to Train	John Hawley, PhD
10:40 am	Caffeine and Sports Performance	Louise Burke, PhD
11:20 am	The Obesity Paradox in Health and Longevity	Carl Lavie, MD
12:00 pm	My Road to Kona - 2024 Ironman Slot Winner's Journey	Liz Bondi, DPM
12:15 pm	ADJOURN	

Monday, October 6

Update on Nutrition | 4.0 hours CME credits

TIME	TOPIC	SPEAKER
6:30 – 7:30 am	BREAKFAST / EXHIBIT HALL	
7:30 am	Gut Microbiome in Endurance Athletes	Chad Asplund, MD
8:10 am	The Role of Supplements in the Endurance Athlete	Louise Burke, PhD
8:50 am	I Want a New Drug - Supplements, Drugs, and Drug Testing	Mark Stovak, MD
9:30 am	BREAK	
10:00 am	Ketogenic Diets for Endurance Performance	Louise Burke, PhD
10:40 am	Carbohydrate Dependence During Prolonged Endurance Exercise	John Hawley, PhD
11:20 am	Protecting the Athlete and Yourself: Evolution of Emergency Preparedness in Sports Medicine	Carrie Jaworski, MD
12:00 pm	ADJOURN	
2:00 – 5:00 pm	Swim Clinic 1 – 2:00 – 3:15 pm Swim Clinic 2 – 3:30 – 4:45 pm	Outrigger Pool

■ Tuesday, October 7 Current Issues in Sports Medicine | 4.0 hours CME credits

TIME	TOPIC	SPEAKER
6:30 – 7:30 am	BREAKFAST / EXHIBIT HALL	
7:30 am	Training Load and Injury in Runners	<i>Brett Toresdahl, MD</i>
8:10 am	Overuse Injuries in Young Athletes	<i>Andrew Gregory, MD</i>
8:50 am	Concurrent Training: Do Opposites Detract?	<i>John Hawley, PhD</i>
9:30 am	BREAK	
10:00 am	Visual Diagnosis of Foot Problems	<i>Karl Fields, MD</i>
10:40 am	Running Shoes: Latest Trends and Recommendations	<i>Brett Toresdahl, MD</i>
11:20 am	Ironman Legends Series Guest Speaker	<i>Greg Welch OAM</i>
12:00 pm	ADJOURN	

■ Wednesday, October 8 Musculoskeletal Issues | 4.0 hours CME credit

TIME	TOPIC	SPEAKER
11:30 am	Lunch Presentation by Precision Fuel & Hydration: Sweating the Details - A Deeper Look into Sweat Science and Homeostasis (sign-up at Registration Desk)	<i>Hunter Huston, MD</i>
12:30 pm	Exhibit Hall Open	
1:00 pm	How Much is Too Much? Bone Stress Injury in Young Athletes	<i>Andrew Gregory, MD</i>
1:40 pm	Patellar Tendinopathy: Cycling Through Nonsurgical and Surgical Treatment Options	<i>Holly Benjamin, MD</i>
2:20 pm	Muscular Injury to the Calf	<i>Karl Fields, MD</i>
3:00 pm	BREAK / REFRESHMENTS / EXHIBIT HALL	
3:30 pm	Stuck in the Middle - Thoracic Outlet Syndrome	<i>Mark Stovak, MD</i>
4:10 pm	Swimmer's Shoulder: Update on Biomechanics, Instability and Indications for Surgery	<i>Holly Benjamin, MD</i>
4:50 pm	Pediatric Fracture Care	<i>Andrew Gregory, MD</i>
5:30 pm	ADJOURN	

■ Thursday, October 9 Ironman Medicine | 4.0 hours CME credits

TIME	TOPIC	SPEAKER
12:30 pm	Exhibit Hall Open	
1:00 pm	Exercise Collapse Associated with Sick Cell Trait	<i>Karl Fields, MD</i>
1:40 pm	H2 Oh-No: Swim Related Issues in the Triathlon	<i>Chad Asplund, MD</i>
2:20 pm	Medical Considerations in the Care of the Paralympic Athlete	<i>Carrie Jaworski, MD</i>
3:00 pm	BREAK / REFRESHMENTS / EXHIBIT HALL	
3:30 pm	Managing Common Sideline Emergencies	<i>Holly Benjamin, MD</i>
4:10 pm	Ironman Medical Tent 2024 in Review	<i>John Martinez, MD</i>
4:50 pm	What You Need to Know to Work in the Ironman Medical Tent	<i>Robert Sallis, MD</i>
5:30 pm	ADJOURN	

■ Friday, October 10: No lectures scheduled. Free day to explore the island!

■ Saturday, October 11, 6:30 am – midnight: 2025 Ironman World Triathlon Championship and Medical Tent
