THE ATHLETE'S HEART ACROSS SPECIES

Translational symposium · Taastrup · Friday, 27 November 2026

09:30–10:00 **Arrival and coffee**

10:00–10:10 **Welcome and introduction**
Josefine Synnestvedt & Rikke Buhl (University of Copenhagen)
The athlete's heart as a translational model: why basic scientists and horse and human cardiologists belong in the same room

SESSION I · THE HUMAN ATHLETE'S HEART *Adaptations and cardiac imaging*

10:10–10:35 **Katarina Steding-Ehrenborg** (Lund University)
Cardiac imaging of the athlete's heart

10:35–11:00 **Hanne K. Rasmussen** (University of Copenhagen)
Cardiac effects of prolonged endurance exercise in young and older athletes

11:00–11:15 **Coffee break**

SESSION II · EXERCISE, ATRIAL FIBRILLATION AND MOLECULAR REMODELLING

11:15–11:35 **Marius Myrstad** (University of Oslo)
Detraining athletes with atrial fibrillation: lessons from the NEXAF trial

11:35–12:00 **Alicia Lundby** (University of Copenhagen)
Proteomic responses to exercise in arrhythmogenic right ventricular cardiomyopathy

12:00–13:00 **Lunch · Sandwiches**

SESSION III · TRANSLATIONAL RESEARCH ON THE ATHLETE'S HEART *From beneficial adaptations to arrhythmia*

13:00–13:20 **Rikke Buhl** (University of Copenhagen)
The equine athlete's heart and translational arrhythmia research

13:20–13:35 **Sarah Dalgas Nissen** (University of Copenhagen)
Electrical adaptations to exercise in horses

13:35–13:50 **Lucca Soattin** (University of Copenhagen)
Why athletes develop AF: new insights from pulmonary vein remodelling

13:50–14:05 **Coffee break**

SESSION IV · DETRAINING AND MECHANISMS OF CARDIAC REMODELLING

14:05–14:20 **Josefine Synnestvedt** (University of Copenhagen)
Detraining the equine athlete's heart: can cardiac remodelling be reversed?

14:20–14:40 **Steen Larsen** (University of Copenhagen)
Mitochondria in the athlete's heart: adaptation and arrhythmia risk

14:40–15:00 **Coffee break and transition to practical session**

PRACTICAL SESSION *Demonstration of the facilities at the Large Animal Teaching Hospital*

15:00–16:00 **Simon Libak Haugaard, Josefine Synnestvedt, Rikke Buhl and team** (University of Copenhagen)
Treadmill testing and live cardiac sampling in horses
Practical demonstration of treadmill testing and live cardiac sampling as translational tools.

16:00–16:15 **Closing remarks**