

MARATHONSTAGE SCHEDULE

THURSDAY

HOW MANY GELS DO I REALLY NEED FOR A MARATHON? Alistar Gardner

01:40 PM

ALL4RUNNING: VAN STARTVAK TOT HERSTEL: ADEMHALING VOOR HARDLOPERS (SPOKEN LANGUAGE DUTCH) Marscha Ronday

02:00 PM

A TASTE OF THE TCS AMSTERDAM MARATHON

02:20 PM

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON Paul Waye & Timo Ouddeken

02:40 PM

DUTCH PACING TEAM, DRIVEN BY PACE, POWERED BIJ PASSION Daniël Huijser

03:00 PM

TRAIN YOUR MENTAL GAME

Mariska Sprundel

03:20 PM

BIOMARKERS FOR ENDURANCE ATHLETES – BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE Martijn Lu

03:40 PM

RUNNING BY FEEL

Bram Bakker

04:00 PM



ALL4RUNNING: VAN STARTVAK TOT HERSTEL: ADEMHALING VOOR HARDLOPERS (SPOKEN LANGUAGE DUTCH) Marscha Ronday

04:20 PM

RUN FOR GLORY, REST FOR GREATNESS: HOW SPORT & SLEEP INSIGHTS HELP YOU PREPARE FOR MARATHON DAY Nick Lakeman

04:40 PM

TRAIN YOUR MENTAL GAME

Mariska Sprundel

05:00 PM

BIOMARKERS FOR ENDURANCE ATHLETES – BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE Martijn Lu

05:20 PM

RUNNING BY FEEL

Bram Bakker

05:40 PM

DUTCH PACING TEAM, DRIVEN BY PACE, POWERED BIJ PASSION Daniël Huijser

06:00 PM

MAURTEN: FUELING PERFORMANCE WITH MAURTEN SPORT NUTRITION Emma Rushen

06:20 PM

TRAIN YOUR MENTAL GAME

Mariska Sprundel

06:40 PM

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07:00 PM