

MARATHONSTAGE SCHEDULE

HYPER-5 IS HERE

Andrea Rossi

10:40 AM

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

Nick Lakeman

11:00 AM

THE DUTCH AT THE TOP: MIKKY KEETELS & HER PACER:

OLIVIER VAN DER STEEG

Liselot Bouman

11:20 AM

BIOMARKERS FOR ENDURANCE ATHLETES - BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE

Martijn Lu

12:00 PM

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON

Paul Waye & Timo Ouddeken

12:20 PM

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

Nick Lakeman

12:40 PM

OLYMPISCH STADION - READY, SET, QUIZ! - OLYMPIC STADIUM EDITION

Ellen Maatman & Rifka Boot

01:00 PM

BREATHING WORKSHOP: HOW WILL BREATHWORK INSTANTLY BOOST YOUR MARATHON

Zsomer

01:20 PM

HOW MANY GELS DO I REALLY NEED FOR A MARATHON?

Alistar Gardner

01:40 PM

RUNNING BY FEEL

Bram Bakker

02:00 PM

BIOMARKERS FOR ENDURANCE ATHLETES - BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE

Martijn Lu

02:20 PM

MAURTEN - FUELING PERFORMANCE WITH MAURTEN SPORT NUTRITION

Emma Russchen

02:40 PM

FRIDAY



DE RAPPE RENNERS - RUNNING FOR A CHARITY

Wouter Middelhof & Frank Spoelstra

03:00 PM

PACING THE ELITE: MIKE FOPPEN, KEVIN QUINN & FRANK

FUTSELAAR

Liselot Bouman

03:20 PM

BREATHING WORKSHOP: HOW WILL BREATHWORK INSTANTLY BOOST YOUR MARATHON

Zsomer

04:00 PM

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON

Paul Waye & Timo Ouddeken

04:20 PM

RUNNING BY FEEL

Bram Bakker

04:40 PM

DUTCH PACING TEAM, DRIVEN BY PACE, POWERED BIJ PASSION

Daniël Huijser & Gerry Visser

05:00 PM

BIOMARKERS FOR ENDURANCE ATHLETES - BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE

Martijn Lu

05:20 PM

ATHLETICS & BEYOND: BUILDING AN INCLUSIVE SPORTS COMMUNITY IN AMSTERDAM

Guido v.d. Brink & Roy Marinus

05:40 PM

DUTCH PACING TEAM, DRIVEN BY PACE, POWERED BIJ PASSION

Daniël Huijser & Gerry Visser

06:00 PM

MAURTEN - FUELING PERFORMANCE WITH MAURTEN SPORT

NUTRITION

Emma Russchen

06:20 PM

BREATHING WORKSHOP: HOW WILL BREATHWORK INSTANTLY BOOST YOUR MARATHON

Zsomer

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Alistar Gardner

07:00 PM

HYPER-5 IS HERE

Andrea Rossi

07:20 PM