

MARATHONSTAGE SCHEDULE

SATURDAY



DUTCH PACING TEAM, DRIVEN BY PACE, POWERED BY PASSION 10:20 AM
Daniël Huijser & Gerry Visser

HEATSTROKE & RUNNING: KNOW THE SIGNS, STAY SAFE 10:40 AM
Daan Josephus Jitta

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON 11:00 AM
Paul Waye & Timo Ouddeken

BIOMARKERS FOR ENDURANCE ATHLETES – BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE 11:20 AM
Martijn Lu

MAURTEN - FUELING PERFORMANCE WITH MAURTEN SPORT NUTRITION 11:40 AM
Emma Russchen

SETBACKS DUE TO INJURIES AND A COMEBACK TO BECOME A EUROPEAN CHAMPIONSHIP FINALIST 12:00 PM
Elvis Afrifa & Frank van Rooijen

MIZUNO - FROM OSAKA TO AMSTERDAM: MIZUNO'S RACE TO 96 GRAMS 12:20 PM
Shunsuke Aoi, Mizuno EMEA Running Marketing Manager

HOW TO PROGRAM YOUR MUSIC FOR A MARATHON WHAT SCIENCE SAYS ABOUT MUSIC AND RUNNING 12:40 PM
Oscar Vermande

HEATSTROKE & RUNNING: KNOW THE SIGNS, STAY SAFE 01:00 AM
Daan Josephus Jitta

SAMSUNG - RUN FOR GLORY, REST FOR GREATNESS: HOW SPORT & SLEEP INSIGHTS HELP YOU PREPARE FOR MARATHON DAY 01:20 PM
Lawa Gurgy

HOW MANY GELS DO I REALLY NEED FOR A MARATHON? 01:40 PM
Alistar Gardner

BIOMARKERS FOR ENDURANCE ATHLETES – BUILD A COMPLETE PICTURE OF YOU AS AN ATHLETE 02:00 PM

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON 02:20 PM
Paul Waye & Timo Ouddeken

MAURTEN - FUELING PERFORMANCE WITH MAURTEN SPORT NUTRITION 02:40 PM
Emma Russchen

SAMSUNG - RUN FOR GLORY, REST FOR GREATNESS: HOW SPORT & SLEEP INSIGHTS HELP YOU PREPARE FOR MARATHON DAY 03:00 PM
Lawa Gurgy

SETBACKS DUE TO INJURIES AND A COMEBACK TO BECOME A EUROPEAN CHAMPIONSHIP FINALIST 03:20 PM
Elvis Afrifa & Frank van Rooijen

A TASTE OF THE TCS AMSTERDAM MARATHON 03:40 PM

ESN - TRAINING, FUELING & RACE DAY TRUTHS: TWO RUNNERS. TWO VERY DIFFERENT JOURNEYS. EVERYTHING YOU NEED TO KNOW BEFORE YOUR OWN START LINE. 04:00 PM
Lisa Gardeslen & Pam van Avendonk

LAST 24H BEFORE THE MARATHON 04:40 PM
Dave Baars, Natascha Schippers & Roos Romanesco

PARKINGSONFONDS - PROF. DR. E.J.A. SCHERDER: THE BRAIN, PARKINSON'S DISEASE AND MOVEMENT 05:00 PM
Erik Scherder

EVERY STEP COUNTS: TOWARDS A SUSTAINABLE MARATHON 05:20 AM
Paul Waye & Timo Ouddeken

MIZUNO - FROM START TO FINISH: THE MARATHON THROUGH A PACER'S EYES 05:40 PM
Emiel Berghout & Liselot Bouman

HOW MANY GELS DO I REALLY NEED FOR A MARATHON? 06:00 PM
Alistar Gardner