

Program 5 October 2022

- 09:00** Asker Jeukendrup NED
Chair morning session: Neil Walsh
- 09:20 Plant versus animal based protein**
Luc van Loon NED
- 09:55 Can and should we measure sleep?**
Shona Halson AUS
- 10:30 Break
- 11:00 Continuous glucose monitoring in sport**
Asker Jeukendrup NED
- 11:35** Panel discussion with Luc van Loon NED, Shona Halson AUS, Asker Jeukendrup NED
- 12:00** Lunch
- 12:30-12:45 At NEVERSECOND stand:
Nutrition in the Tour de France: JUMBO VISMA
Martijn Redegeld
- 13:00-13:25 At MAURTEN stand:
My training and nutrition
Nils van der Poel
- Chair afternoon: Luc van Loon
- 13:30 Disordered eating and eating disorders in sport**
Therese Mathisen NOR
- 14:05 Energy management and mismanagement in sport**
Jose Areta ARG
- 14:40** Speedupdating 1:
Host: Mark Tuitert

Insect protein

Jorn Trommelen NED

Protein requirement for female athletes

Louise Deldicque BEL

Beliefs and the placebo effect

Shona Halson AUS

15:00

Break

15:30

Nutrition, energy and the immune system

Neil Walsh GBR

15:35

Blood profiling

Charlie Pedlar GBR

16:10

Panel discussion

Diagnosing and treating RED-S: the way forward?

Charlie Pedlar GBR

Therese Mathisen NOR

Neil Walsh GBR

Jose Areta GBR

16:30

Speedupdating

Host: Mark Tuitert NED

Bone density in cyclists

Jan Willem van Dijk NED

Disordered eating in male and female athletes

Rebecca Randell GBR

Rocky asks: Raw eggs or boiled?

Cas Fuchs NED

16:50

Closing

17:00

Networking