

PROGRAMME AT A GLANCE

PRE-CONGRESS PROGRAMME

07:30 - 18:30	Registration open
09:00 - 11:00	Visit to the Olympic Studies Centre & Olympic Museum
09:00 - 11:00	Digital Motion: Transforming Habits, Experiences and Data into Value
09:00 - 11:30	Masterclasses (exact duration varies)
09:00 - 11:00	Integrative Medicine for Field-Ready Performance Assessment - sponsored by Dr Kurucsai
09:30 - 11:00	The Power of Protein in Performance and Recovery: From Science to Practice - sponsored by Danone Research
10:15 - 11:45	How Many Ages Are There?: Chronological, Molecular, Functional - sponsored by Technogym
11:00 - 11:45	ECSS General Assembly

OFFICIAL CONGRESS START

12:00 - 13:15	Invited Symposia/Oral/ECSS YIA & GSSI Presentations
13:15 - 13:30	<i>Break</i>
13:30 - 14:45	Invited Symposia/Oral & ECSS YIA Presentations
14:45 - 15:15	<i>Coffee Break</i>
15:15 - 17:45	Cycling Science: Exploring Performance, Health and Innovation - sponsored by GSSI
17:45 - 18:00	<i>Break</i>
18:00 - 19:00	Opening Ceremony (incl. GSSI Awards Ceremony)
19:00 - 20:00	Welcome Reception