

**OLD MUTUAL STAGE PROGRAMME
1-3 JUNE, DURBAN EXHIBITION CENTRE
(D.E.C.)**

THURSDAY 1 JUNE 2017

TIME	SESSION	PRESENTER
10h30 – 11h00	Race Day Nutrition	Dietician
11h15 – 12h00	Race Day Strategy & Pacing	Comrades Coach – Lindsey Parry
12h15 – 12h45	The 2017 Comrades Route – The Profile Preordains Your Performance	Norrie (OM Virtual Coach)
13h00 – 13h15	Comrades race visualization video	World Of Endurance
Break	Break	Break
14h15 – 14h45	#GoGreen	Wildlands Team
15h00 – 15h45	Race Day Strategy & Pacing	Comrades Coach – Lindsey Parry
16h00 – 16h30	The 2017 Comrades Route – The Profile Preordains Your Performance	Norrie (OM Virtual Coach)
16h30 – 16h45	Comrades race visualization video	World Of Endurance

FRIDAY 2 JUNE 2017

TIME	SESSION	PRESENTER
09h30 – 10h00	Ladies at Comrades	Michelle Koza
10h15 – 11h45	Race Day Nutrition	Dietician
12h00 – 12h30	The 2017 Comrades Route – The Profile Preordains Your Performance	Norrie (OM Virtual Coach)
12h45 - 13h45	Race Day Strategy & Pacing	Comrades Coach – Lindsey Parry
13h45 – 14h00	Comrades race visualization video	World Of Endurance
Break	Break	Break
14h15 – 14h45	#GoGreen	Wildlands Team
15h00 – 15h30	Medical Facilities & Health Tips	Dr Jeremy Boulter
15h45 – 16h30	Race Day Strategy & Pacing	Comrades Coach – Lindsey Parry
16h45 – 17h15	The 2017 Comrades Route – The Profile Preordains Your Performance	Norrie (OM Virtual Coach)
17h15 – 17h30	Comrades race visualization video	World Of Endurance

SATURDAY 3 JUNE 2017

TIME	SESSION	PRESENTER
09h30 – 10h00	Ladies at Comrades	Michelle Koza
10h15 – 10h45	Race Day Nutrition	Dietician
11h00 – 11h30	The 2017 Comrades Route – The Profile Preordains Your Performance	Norrie (OM Virtual Coach)
11h45 - 12h30	Race Day Strategy & Pacing	Comrades Coach – Lindsey Parry
12h30 – 12h15	Comrades race visualization video	World Of Endurance
12h30 – 13h00	#GoGreen	Wildlands Team
13h15 – 13h45	Medical Facilities & Health Tips	Dr Jeremy Boulter