



RÉSEAU GRAND INSEP, ACCOMPAGNEMENT À LA PERFORMANCE

ASTRE/HYPOXPERF SYMPOSIUM ON ENVIRONMENTAL STRE

Since the Tokyo 2020 Olympic and Paralympic Games, more and more federations have made the choice to integrate environmental stress into their preparation (altitude, hypoxia, humidity, heat). Following on from previous meetings of the grand INSEP network, the " Support to performance in environmental stress " (ASTRE) network and the people in charge of the HYPOXPERF research project organized a symposium on performance and environmental stress on Monday July 3, 2023 at INSEP

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Ahead of the European College of Sport Science (ECSS) Congress, members of INSEP, the Grand INSEP network, federations and the research community met to discuss a number of issues:

- chronic exposure to altitude / intermittent hypoxic exercise
- use of hypoxia
- exercise in hot environments, performance and health considerations
- applications and tools for assessment and individualization of tests.

Presentations and testimonials provided the opportunity for fruitful exchanges in the presence of experts from France (INSEP, CREPS Montpellier - CNEA Font-Romeu, CNSNMM Prémamanon, Université Grenoble Alpes) and abroad (University of Lausanne, University of Quebec, University of Canberra, etc.) renowned in their fields.

The increasing use of hypoxic facilities in centers within the large INSEP network (CNE FFTennis, CREPS Vichy, CREPS Bourgogne Franche-Comté, etc.) and in the private sector is helping to modernize equipment and improve preparation conditions for French athletes. This symposium is helping to structure the national network, and to move away from a logic of competition between centers in the hosting and preparation of French teams to one of partnership and complementarity.

URL of the page: <https://www.insep.fr/en/actualites/astrehypoxperf-symposium-environmental-stre>

With the Paris 2024 Olympic and Paralympic Games just a year away, this symposium is positioned as a key moment to consolidate high-quality support with sports federations.

