



03
JUL

🕒 09h00 à 18h00
📍 INSEP

SÉMINAIRES

ASTRE/HYPOXPERF Symposium on Environmental Stress

Since the Tokyo Olympic and Paralympic Games, more and more federations have chosen to include environmental stresses in their preparation (heat, humidity, hypoxia, altitude).

The ASTRE/HYPOXPERF symposium aims to bring together scientists, researchers, trainers and sports managers who use environmental stresses in their training planning. The referents in charge of scientific support to performance will be able to share their experiences and mutualize their know-how.

📅 ADD TO THE CALENDAR

All of the centers in the Grand INSEP network and the sports federations have been working to develop their facilities (creation and modernization of facilities) in order to offer the best possible preparation conditions for French athletes.

With the Paris 2024 Olympic Games just one year away, this event is a key moment to strengthen the quality of support offered to sports federations.

Program under construction (coming soon)

Registration form: <https://www.insep.fr/fr/form/symposium-astre-du-reseau-grand->

Registrations must be submitted before June 1, 2023 (while supply lasts).

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

The ASTRE network develops the use of methods related to environmental stress in training.

The HYPOXPERF research project emerges from the questions of the field to improve scientific support in the field of environmental stress.

More information: <https://labos-recherche.insep.fr/fr/laboratoire-sep/hypoxperf>