



19 > 20  
MAY MAY

🕒 09h00 à 17h00  
📍 INSEP

SÉMINAIRES

## Seminar on Heart Rate Variability: Latest Insights and Developments

*INSEP and the grand INSEP network are pleased to announce the organization of a seminar on heart rate variability (HRV) on May 19 and 20, at INSEP (room "Londres").*

📅 ADD TO THE CALENDAR

Following an initial event that launched a collaborative dynamic on the subject in January 2024, this new meeting is part of the ongoing reflections on optimizing performance and providing individualized support for athletes.

The aim of this seminar will be to collectively deepen the analysis of VFC and explore its integration into strategies for monitoring and optimizing athlete performance. It is aimed primarily at holders of the Certificats de Compétences Spécifiques (CCS) "Heart Rate Variability" and "Environmental Stress", as well as scientific referents from centers in the grand INSEP network and the federations involved.

We invite you to reserve these dates now and join us in enriching our knowledge and practices around HRV as part of the monitoring of elite athletes.



To register : [Séminaire INSEP/RGI 2025 "Actualisation des connaissances relatives à la variabilité de la fréquence cardiaque" | INSEP](https://www.insep.fr/en/agenda/seminar-heart-rate-variability-latest-insights-and-developments)

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