



RÉSEAUX, ACCOMPAGNEMENT À LA PERFORMANCE

## Trends and evolutions in environmental stress protocols

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*INSEP, as part of its mission to lead national networks (RGI and RNASP) and following on from previous productions by the " Performance support in environmental stress " network (hypoxia, humidity, heat), has just produced an infographic on " Trends and evolutions in environmental stress protocols ".*

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Led by INSEP, CREPS Montpellier-CNEA Font-Romeu and CNSNMM Prémamanon, the ASTRE network aims to be a reliable resource center, with the best experts from equipped centers working with the French federations most involved in this field and the world of research.

This is why these players have joined forces to assess the situation following the Paris 2024 Olympic Games, and with a view to the Milano-Cortina 2026 and Los Angeles 2028 Games, in terms of the protocols, equipment and uses of environmental stress within their structures.

You can now view the summary feedback in the infographic below.