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SPEAKER

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H-C Holmberg is the Director of the Swedish Winter Sports Research Centre and the Director for Research and Development at the Swedish Olympic Committee.

Holmberg is a link between research and coaches/athletes in Swedish sport. His research has mainly focused on cross-country and alpine skiing, using an integrative physiology and biomechanical approach, but also includes articles on other sporting disciplines such as cycling, running and swimming.

His research also focuses on topics such as the effect of high-intensity interval training and hyperoxia on performance.

H-C Holmberg has published more than 60 international peer-reviewed research articles and textbook chapters, along with more than 100 conference abstracts in international scientific journals.

Click [here](#) for a complete list of projects and publications.