



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Federal Office of Sport FOSPO

Strength and Conditioning Education

SFISM

Swiss Federal
Institute
of Sport
Magglingen



Adrian Rothenbühler


swiss olympic
for the spirit of sport



Erasmus+



NOC Federations

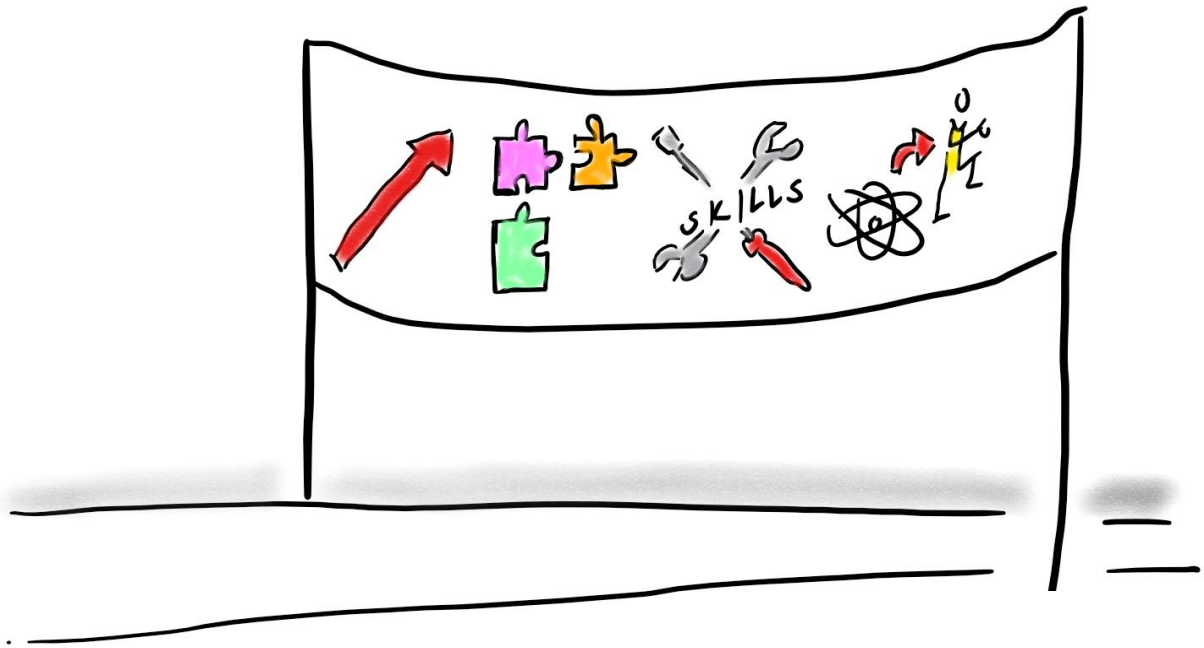
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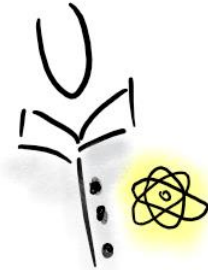
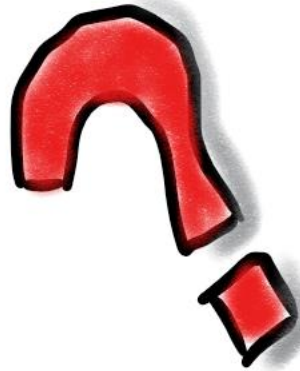
- Experience
- Level of results
- Education
- Assessment
- Mastery of English



overview



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overview



Jan 19

Training Load

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Back to sport



June 19



Sept 19

Individualization



Dec 19

Team Management



Mar 20

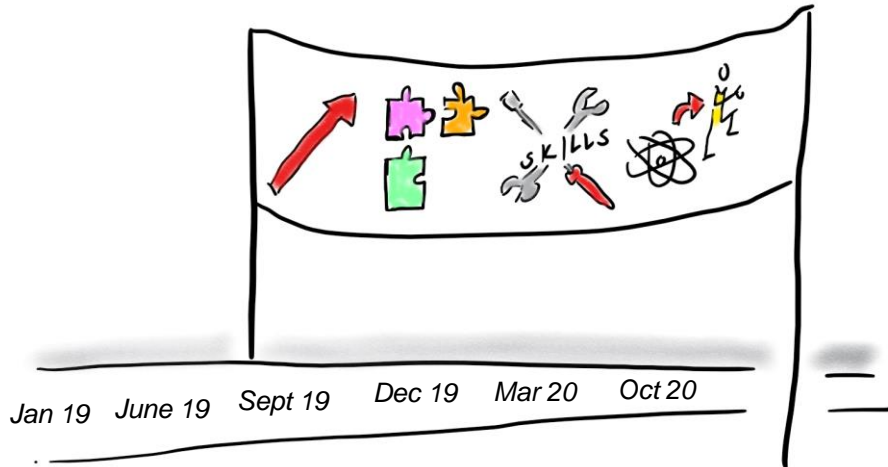
Oct 20

Innovation

Strength, speed, endurance

It is all about data

 overview



Training Load



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