



A short biography of H-C Holmberg

"Optimizing Training and Recovery in Cross-Country Skiing: Milano-Cortina 2026"

Dr H-C Holmberg, PhD, is a Professor of Sports Science and Senior Advisor at the Swedish Research Centre for Sports and Performance Technology. He earned his doctorate in Medical Science from Karolinska Institutet in 2005. With over 280 scientific publications, his extensive career includes serving as a Director of Training & Performance for the Swedish National Teams in Cross-Country Skiing (2000-2002), Director of Research & Development at the Swedish Olympic Committee (2005-2022), and both Director and Director of Research at the Swedish Winter Sports Research Centre at Mid Sweden University.

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