

Sébastien Racinais obtained his PhD in 2004. Following research on the neural responses to fatigue and hyperthermia, he developed a research programme on the chronic adaptations to hot ambient conditions and their repercussions on sport performance for elite athletes. Prof Racinais has successfully guided over 20 professional and national teams in developing environmental training. Sébastien is also collaborating with international sports federations including UCI and World Athletics on consensus guidelines relating to exercising in hot ambient conditions. He has published more than 160 research articles, with a citation index (H-index) of 49. His research is currently developing heat therapy for muscle rehabilitation.

Prof Racinais is head of Research at Aspétau. He leads the European Network in Sports Sciences (ENSS) in environmental physiology. He is also the Chair of the IOC Adverse Weather Impact expert working group for the Olympic Games Tokyo 2020 and Paris 2024; and a member of the Medical and Scientific Commission Games Group for the protection of athlete's health.