

Shona Halson Ph.D

Shona Halson is a Senior Physiologist working at the Australian Institute of Sport, where her role involves both servicing and research. She has a PhD in the area of fatigue and overtraining and currently investigates methods for enhancing recovery and managing fatigue in athletes. In the last few years her role at the AIS has been focussed on designing and managing the AIS Recovery Centre. Shona was the co-ordinator of the Australian Olympic Committee Recovery Centre for the 2008 Beijing Olympic Games.

