



EUROPEAN COACHES CONGRESS 2026

Event Information



3 MAY 2026
SANTA SUSANA
16:00



Event Overview:

On the occasion of the **European Championships 2026**, we are pleased to invite you to **II IFBB Coaches Congress**, where fitness and bodybuilding coaches from around the world will come together for an inspiring and educational event. This congress will be an excellent opportunity to learn, share, and network with leading figures in the industry, as well as with your peers.

Who Should Attend:

- IFBB Coaches
- All the bodybuilding and fitness trainers community
- Members of IFBB College

Event Highlights:

Upon completion, all participants will receive a Participation Diploma as a mark of their engagement and development during the event.



REGISTRATION FEES:

- **Free Congress entrance for registered IFBB Coaches from the Coaches Commission with active annual membership** (doesn't include accommodation).
- **Other coaches (not accredited as IFBB coaches)** must pay the regular fee of 100€ (doesn't include accommodation).
- **IFBB Coaches Commission Members** can register through their National Federations by sending the coaches congress form to info@ifbb.com.
- To be accredited as IFBB coaches, they can do so directly by contacting their National Federation.

REGISTRATION DEADLINE:

April 18th,
2026

HOW TO BECOME AN IFBB INTERNATIONAL COMPETITION COACH:

- Complete the International Competition Coach Course
- Receive a nomination from your national federation
- Complete the registration process



PRELIMINARY PROGRAM:

- **Presentation by President of IFBB Rafael Santonja**
- **Presentation by Mag. Ville Isola:** The Evolution of a Coach: From Experience to Evidence-Based Practice
- **Presentation by Aino-Maija Laurila:** Turning pressure and setbacks into growth: Resilience
- **Presentation by Prof. Armando S. Marquez:** Salt: trend, health issue, or a tool for bodybuilding?
- **Presentation by Jose Maria Garcia:** Cardio for losing fat in a precompetition season, always?