



LUNDAHL, Karoliina

Country	FIN (Finland)
Candidate to	Executive Board Member Coaching and Research Committee
Place and date of birth	Helsinki, 30.06.1968
Current occupation	English and German Teacher Coaching Course Designer in weightlifting
Languages	English, German, Finnish, Swedish
Professional qualification	Master of Education, University of Stockholm, Sweden Professional International Coach in Weightlifting, Vierumaki Olympic Training Center, Finland Bachelor of Arts, University of Tampere, Finland
Weightlifting experience	Athlete – 14 years Coach – 10 years Head of Coaching and Education – 8 years
Previous positions in IWF	Women's Commission Member 2013-2017
International Technical Official	---
Publications	<i>Analysis of Weightlifting and Programming of a Weight Training Regimen</i> , 2016 Finland <i>Strength Training for a Female Weightlifter</i> , 2012 Finland <i>Strength Training Passport for Beginners</i> , 2011 SPNL
Position in Continental / Regional Federation	European Federation Athletes' Commission Member
Position in National Federation	Coaching Course Designer