

RICCARDO BRIGHI

28/01/2000 - Modena (ITA)

• **SPORT PERFORMANCE DEVELOPER**

Development athletic performance through individualized training programs employing sport periodization and metabolic testing. Management recovery and stress while applying expertise in bike fitting and swim/run dynamics, with the ability to communicate effectively and provide mechanical support.

SKILLS

- Professional Athlete Work Attitude
- Practical & Effective Problem Solving
- Strong & Constructive Communication
- Sport Periodization & Programs
- Metabolic & Lactate Testing
- Customized Bike Fitting
- Swim & Run Dynamics Assessment
- Bike Mechanics & Maintenance
- HRV, Stress & Recovery Managing
- Wordpress Web Site Building
- Microsoft Office Suite (W, P, X)
- SolidWorks Component Development

EDUCATION

• SECONDARY SCHOOL

Wiligelmo Scientific High School

• UNIVERSITY

UNIMORE - Vehicle Engineering

• CERTIFICATIONS

Athletics Instructor - FIDAL

Triathlon Instructor - FITRI

Triathlon Coach 1 level - FITRI

HRV Master - Self Coherence

LANGUAGES

Italian (Native Speaker)

English (B1)



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14/08/2025 Riccardo Brighi

EXPERIENCE

○ PROJECT: FUNCTIONAL ATHLETIC SYSTEM

Sport Performance Development for Endurance Athletes

2023 - 2024 - 2025

- Training Periodization & Programs
- Bike Fitting & Cycling Biomechanics
- Metabolic Testing & Physiological Interpretation

○ STRATEGIC NUTRITION CENTER

Associate and Lecturer evaluating athlete preparation, physiological testing, and internal load in relation to nutrition and suppl.

2025

○ SELF COHERENCE

Wellnes & Performance Advisor for Athletes and Business Owners

2025

○ INNER PEAK

Internship at Luca Zenti's Sport Science Laboratory

2024

- Bike Fitting & Cycling Biomechanics
- Metabolic Testing & Physiological Interpretation
- Training Periodization & Programs

○ FITRI: SCIENCE OLYMPIC AREA ASSISTANT

Development Support analyzing PO athlete performance data

2023 - 2024

○ PROFESSIONAL TRIATHLETE AND ATHLETE

Italian National Team and Winner of Nat. Champ. and Europe Cup.

2014 - 2023 (see Sport CV for details)

- Vigili del Fuoco Modena - TD Rimini - Cus Parma - Raschiani
- La Fratellanza 1874 - M.d.s. Panaria Group