**RAUL LOPEZ-GRUESO**

EXERCISE AND HUMAN PHYSIOLOGY – HIGH PERFORMANCE – ENDURANCE

SPORTS SCIENCE – HEALTH AND AGING – DIETETIC AND NUTRITION

rlopezgrueso@gmail.com

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| 8200 Aarhus, Denmark | 12580 Benicarlo, Spain |

**SKILLS and ATTRIBUTES**

· Rigorous data collection (human body, conditions and devices), analysis (software and stats) and dissemination (in a variety of formats to different audiences).

· Ability to work into dynamic environments and collaborate with multidisciplnary background teams.

· Able to transfer the latest physiological findings to give solutions for specific training and competition issues as well as well-being.

· Capable to design and manage high-performance training and health-related programmes.

**EXPERIENCE and KNOWLEDGE**

2020 ‐ now **ENDURALOG** - CEO and Founder. **Physiologist, Sports Performance Coach and Dietitian**.Aarhus (Denmark).

2006 - now **Lecturer and Consultant professor** in **Sports science, Physiology and Nutrition**: Master, postgraduates and **Supervisor** of students (Master´s thesis, PhD, undergraduate): Exercise Physiology, Training Methodology and Sports Nutrition.

2006 - now **Advisor of Nutrition: Clinical, Performance and Health**, specifically in endurance training and special environments.

 **e.g. MTB riders, WT road cyclists, OG-Int-nat T&F and marathon**

 **athletes, OG judokas**.

2002 - now **Advisor of Applied Physiology advice, Sport & Exercise training and High-Performance**, specifically in endurance, special physiological conditions (heat, altitude), wearable devices (HRV, power, glucose…) and processing data**.**

 **e.g. MTB and BMX riders, WT road cyclists, Intern-Nat T&F athletes**.

**EDUCATION, TRAINING, QUALIFICATIONS**

2017 **MSc in Technological Innovation in Education** (Univ. Miguel Hernández, Spain).

2011 **PhD in Physiology** (Univ. Valencia, Spain / King´s College London, UK).

2008 **MSc in Physiology** (Univ. Valencia, Spain).

2006 **MSc in Obesity & Cardiovascular Risk Factors** (Adiabetma, Univ. Malaga-Granada, Spain).

2005 **BSc in Human Nutrition and Dietetics**  (Univ. Granada, Spain).

2004 **MSc in Human Nutrition** (Fac. Pharmacy, Univ. Granada, Spain).

2004 **Teaching Certificate (CAP)** (Dept. Education, Univ. Granada (Spain).

2002 **BSc (hons) in Physical Activity and Sport Sciences** (Univ. Granada, Spain).

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2020 **Cycling Coach (level III).** Certified by National Spanish and International Federations.

2009 **Triathlon Coach (level III).** Certified by National Spanish and International Federations.

2003 **Athletics Coach (level III).** Certified by National Spanish and International Federations.

2002 **Swimming instructor (level I).** Certified by National Spanish and International Federations.

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2020 **COACH CLEAN (e-Learning Certificate). UKAD.**

2020 **CLEAN Sport - Antidoping ADVISOR. UKAD.**

2021 **Training Peaks (Level 1) accredited Coach.**

2020 **Stryd Coach.**

2018Member of “**Sports and Physical Activity” European Specialist Dietetic Network**

(ESDN) in European Federation of the Associations of Dietitians (**EFAD**).

2017 Full Member of the **Spanish Academy of Nutrition and Dietetic**.

2017 Coordinator of **Specialization Group in Nutrition and Dietetic for Physical Activity and**

**Sport** (GE-NuDAFD, in Spanish Academy of Nutrition and Dietetic).

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**PUBLICATIONS**

**ORCID: 0000-0002-4636-7065 / [PUBLONS\_ResearcherID](https://publons.com/researcher/1747653/raul-lopez-grueso%22%20%5Ct%20%22_blank) / [Scholar.Google](https://scholar.google.dk/citations?user=MW7B1LQAAAAJ&hl=es&oi=ao" \t "_blank) / [ResearchGate](https://www.researchgate.net/profile/Raul_Lopez-Grueso%22%20%5Ct%20%22_blank)**

· [Lifelong soya consumption in males does not increase lifespan but increases health span under a metabolic stress such as type 2 diabetes mellitus.](https://linkinghub.elsevier.com/retrieve/pii/S0047637421001688) Borrás C, Abdelaziz KM, Díaz A, Gambini J, Jové M, **LÓPEZ-GRUESO R**, Mas-Bargues C, Monleón D, Pamplona R, Viña J. *Mechanisms of Ageing and Development.* 2021 Nov 10; 200: 111596.

· [Estrogen Replacement Therapy Induces Antioxidant and Longevity-Related Genes in Women after Medically Induced Menopause.](https://www.hindawi.com/journals/omcl/2021/8101615/) Borrás C, Ferrando M, Inglés M, Gambini J, **LÓPEZ-GRUESO R**, Edo R, Mas-Bargues C, Pellicer A, Viña A. *Oxidative Medicine and Cellular Longevity*. 2021; 8101615.

· [Acute Increase in Blood αCGRP at Maximal Exercise and Its Association to Cardiorespiratory Fitness, Carbohydrate Oxidation and Work Performed: An Exploratory Study in Young Men.](https://www.mdpi.com/2079-7737/10/8/783) Aracil-Marco A, Sarabia JM, Pastor D, Guillén S, **LÓPEZ-GRUESO R**, Gallar J, Moya-Ramón M. *Biology*. 2021; 10(8): 783.

· [Bilateral asymmetries in professional cyclists during a Grand Tour.](https://content.iospress.com/articles/isokinetics-and-exercise-science/ies202234) Javaloyes A, Mateo-March M, Carpes FP, Moya-Ramon M, **LÓPEZ-GRUESO R**, Zabala M. Isokinetics and Exercise Science. 2020; 1-7.

· [Nutritional strategies in an elite wheelchair marathoner at 3900 m altitude: a case report](https://jissn.biomedcentral.com/articles/10.1186/s12970-019-0321-8). Sanz-Quinto S, Moya-Ramón M, Brizuela G, Rice I, Urbán T, **LÓPEZ-GRUESO R**. Journal of the International Society of Sports Nutrition. 2019; 16(1): 51.

· [Periodization of nutrition in cycling: something basic!!!](https://jsc-journal.com/index.php/JSC/article/view/519/530). **LÓPEZ-GRUESO R**. Journal of Science and Cycling. 2019; 8(1): 1-2.

· [Influence of Training Models at 3,900-m Altitude on the Physiological Response and Performance of a Professional Wheelchair Athlete: A Case Study.](https://journals.lww.com/nsca-jscr/Abstract/2019/06000/Influence_of_Training_Models_at_3%2C900_m_Altitude.30.aspx) Sanz-Quinto S,**LÓPEZ-GRUESO R**, Brizuela G, Flatt AA, Moya-Ramón M.Journal of *Strength* and *Conditioning Research*. 2019; 33(6): 1714-1722.

· [Sex differences in age-associated type 2 diabetes in rats—Role of estrogens and oxidative stress](https://www.hindawi.com/journals/omcl/2019/6734836/). Díaz A, **LÓPEZ-GRUESO R**, Gambini J, Monleón D, Mas-Bargues C, Abdelaziz KM, Viña J, Borrás C. Oxidative Medicine and Cellular Longevity. 2019; 6734836.

**CONTRIBUTIONS TO CONGRESSES:**

* **LECTURES, ORAL and POSTER communications**

**RESEARCH AND TEACHING VISITS (funded grants)**

2015 **Thomas Cortebeeck**. Section for Sport Science. ***Aarhus University*** (Denmark): “Athletics”.

2013 Prof. **Jose Gonzalez-Alonso**. Cardiovascular Physiology - Centre for Sports Medicine and

Human Performance. ***Brunel University, London*** (United Kingdom): “Hydration,

thermoregulation and performance in special environments”.

2012 Prof. **Jose A. Duarte**. Sports Faculty of ***University of Porto***. (Portugal): “Physiology,

hormones, supplements, and oxidative stress”.

2009 Prof. **Giovanni E. Mann**. Cardiovascular Division. School of Medicine. ***King´s College***

***London*** (United Kingdom): “cardiovascular parameters, hormones, oxidative stress and antioxidants”.

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**OTHERS and COLLABORATIONS**

**- Languages:**

* **ENGLISH**: C1-advanced.
* **SPANISH**: Native.

**‐ PASSIONATE SPORTSMAN:** cycling (former U23 at national level), duathlon & triathlon (Spanish AG champ and WCh-ECh podiums-top10 from sprint to 70.3 Ironman) and athletics.

**- ISAK Level 1.**

**‐ Special Collaborator with:**

∙ Elite and amateur athletes and teams (triathlon, cycling, athletics, judo, football, etc.

∙ Occlude – Blood flow restriction training (Aarhus, Denmark).

**‐ Reviewer in**: PLOS One; Free Radical Biology and Medicine; Archives of Sport Medicine; RENHYD: Revista Española de Nutrición Humana y Dietética