

## Contact

[www.linkedin.com/in/asvilchez](http://www.linkedin.com/in/asvilchez)  
(LinkedIn)  
[alex-segovia.com/](http://alex-segovia.com/) (Personal)

## Top Skills

Sports Science  
Strength & Conditioning  
Rehabilitation

## Languages

Korean (Limited Working)  
Español (Native or Bilingual)  
Catalán (Full Professional)  
Inglés (Full Professional)

## Certifications

Eleiko Weighliting for sports club  
coach Level 1  
Certified Functional Strength Coach  
Level 1&2  
UEFA B Coaching License  
Personal Trainer (NSCA-CPT)  
Primal Movement Chains

## Honors-Awards

Premio a la Excelencia Académica  
(Universitario 5 Estrellas)

## Publications

Propuesta de cuantificación de la  
carga interna en fútbol mediante la  
percepción subjetiva del esfuerzo,  
intensidad táctica, especificidad de  
la tarea: Comparación con el método  
RPESesión.

# Alejandro Segovia Vilchez

Performance & Movement Specialist  
Hungría

## Summary

I am a Spanish Strength & Conditioning Coach, holding a Msc in Football Conditioning & Rehabilitation, as well as, a 5 years Bsc in Sport Science.

I am very passionate about Sport Science and I feel very lucky to work in something that I love. I try to attend to congresses and certify courses every year from other colleagues and stay as much up to date as possible.

My work experience combines football conditioning and rehab/fitness fields, in Europe, Asia and Middle East. I Have had the opportunity to work in different scopes, have allowed me to obtain a more broad and deep vision, specially in training design, training individualization and understanding of human movement that I can apply and integrate in football context.

My training approach:

Motor control and strength integrate in an active ROM: Everything integrates in the global movement.

Principles drives training : “As to methods there may be a million and then some, but principles are few. The man who grasps principles can successfully select his own methods. The man who tries methods, ignoring principles, is sure to have trouble.”- Ralph Waldo Emerson

Context - Research - Practice : Holistic Approach

“Load on the top of the dysfunction is equal to more dysfunction”- Michael Boyle

LTAD believer : Patience, Constancy and training organization.

“Do basics first, extremely well”

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## Experience

Budapest Honvéd FC

Head of Performance

June 2022 - Present (1 month)

Budapest, Hungary

ISSPF

Lecturer

August 2020 - Present (1 year 11 months)

Youth Soccer Athletic Development Course (LTAD)

- Building up a Model for a Soccer Academy.
- Training Design & Application in Youth Development

FC Akron Togliatti

Head of Performance

February 2022 - March 2022 (2 months)

Togliatti, Samara, Russia

Fatih Karagümrük SK

Strength & Conditioning Coach

June 2021 - December 2021 (7 months)

Istanbul, Turkey

Trabzonspor

Strength & Conditioning Coach

October 2020 - June 2021 (9 months)

Trabzon, Turkey

- Turkish Super Cup 2020 Winner
- Prehab & injury prevention strategies.
- Strength & Power development.
- Design and delivery of pitch & gym-based sessions.
- Fitness, Functional & Readiness tests.

Aspire Academy

Senior Strength & Conditioning Coach

August 2016 - August 2020 (4 years 1 month)

Doha, Qatar

- Responsible for designing and implementation the Long-Term Athletic Development plan.
- Delivery gym/pitch-based sessions.
- Rehab S&C support Qatar National Team,
- S&C consultations: Leeds United (UK), Ind. del Valle (Ecu).
- Speaker in Aspire Fellows, London, Stanford bridge, presenting Aspire LTAD.

#### SPARK Athletic Center

Strength and Conditioning Coach / Rehab Fitness Coach

May 2015 - August 2016 (1 year 4 months)

Kuwait

#### ENSA SPORT Sport Physical Solutions

Strength & Conditioning Coach

January 2014 - May 2015 (1 year 5 months)

Sevilla y alrededores, España

#### Catholic United Minors F.C

Intern Strength and Conditioning Coach

January 2012 - December 2012 (1 year)

Southend on Sea (Reino Unido)

#### Novelda Football Club

Academy Strength and Conditioning Coach

September 2008 - May 2011 (2 years 9 months)

Novelda (Spain)

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## Education

#### Universidad Miguel Hernández de Elche

Licenciatura de Ciencias del deporte y de la Actividad Física, Ciencias de la actividad física y del deporte, Ciencias de la actividad física y del deporte · (2007 - 2012)

#### Universidad Pablo de Olavide

Máster en Preparación física y Readaptación en fútbol · (2013 - 2014)

#### I.E.S Mare Nostrum

Técnico Superior en Actividades Físicas y Animación

Deportiva · (2005 - 2007)

I.E.S Montserrat Roig

Técnico en Conducción de Actividades Físicas en el Medio  
Natural · (2003 - 2005)