

PERSONAL INFO

Lombardi Erica



Genre Femminile | Date of birth | Nazionalità Italian

PROFESSIONAL ROLE

Dietitian

EXPERIENCE

01/2020–present

**Dietitian Activity – Organization of nutritional logistic**

- Collaboration with Astana pro cycling team, World tour category team
- Participation to Tour de France and Giro d'Italia 2020 with dietitian role, management of nutritional logistic for the athletes and anthropometric monitoring.

2008–present

**Freelance activity as dietitian**

Elaboration of personalized diets in collaboration with the medical staff for athletes and professional, elite/under 23 , amateurs teams and younger categories for road and track cycling.

Nutrition collaboration with professional athletes who has achieved titles, jerseys, medals and good results in national races (Italian championship) and international (World and European championships), Olympic athletes, wins at Giro d'Italia, Tour del France and Vuelta Espana; bronze medals at Paralympics (2012) for team relay.

Collaboration with cycling teams in different categories.

Collaboration with Centro del Movimento Applicato Modus Vivendi (Presezzo)

2019

**Dietitian Activity – Organization of nutritional logistic**

- Collaboration with Nippo Fantini Faizanè professional cycling team
- Participation to Giro d'Italia 2019 with dietitian role, management of nutritional logistic for the athletes and anthropometric monitoring.

01/05/2015–01/05/2018

**Dietitian Activity**

Gazprom-Rusvelo Professional Cycling Team, Lugano (Switzerland)

- nutritional logistic management of the team;
- personalized diets in collaboration with the team medical staff;
- participation at "Giro d'Italia" (2016 e 2017).

2008–2015

**Freelance activity as dietitian**

Personalized diets for sport, overweight and health issues, under medical prescription.

2014 **Stage**  
 Lega del Ciclismo Professionistico  
 Palazzo CONI (FCI), Via Piranesi, 46, 20137 Milan (Italia)  
 Stage/Internship.

2009–2012 **Dietitian Activity, nutritional logistic management**  
 - Progetto GiroBio, Giro d'Italia Ciclistico under 27  
 (medical scientific project for health);  
 - italian stages of "Coppa delle Nazioni" (since 2011).

## EDUCATION AND TRAINNING

2004–2008 **Dietitian Bachelor's Degree** Level 6 QEQ  
 Università degli Studi di Siena  
 Via Banchi di Sotto 55, 53100 Siena (Italia)  
[www.unisi.it](http://www.unisi.it)  
 Mark 110/110 e Lode,  
 Thesis work "Regime Alimentare nel Maratoneta d'élite" in collaboration with the Olympic marathon  
 champion Stefano Baldini.

2015 **MBA in Law and Management for Sport** Livello 7 QEQ  
 Link Campus University, Rome (Italia)  
 Thesis work "Il ruolo del Dietista nell'esercizio dell'attività sportiva".

02/2015–04/2015 **Specialization course in Sport Nutrition**  
 Nutrimedifor S.r.l., Firenze (Italia)

2016–2017 **Expert Certification in Sport Nutrition**  
 Scuola di Integrazione e Nutrizione nello Sport, SANIS, Firenze (Italia)

## PERSONAL SKILLS

Native Language Italian

Other languages

	COMPREHENSION		SPEAKING		WRITING
	Listening	Reading	Interaction	Oral production	
English	A2	B1	B1	A2	A2

## Curriculum vitae

**Communication Skills** Excellent communication skills developed during the experiences with the teams.  
Excellent relational skills.

**Organizational and managerial skills** Excellent organizational and leadership skills developed during the experiences as team nutritional manager.  
Good organizational and managerial skill for sport events.

**Professional skills** Excellent use of anthropometric stuffs and software for data elaboration:  
- adipometro;  
- caliber;  
- bioimpedentiometry;  
- plicometry;  
- software for production of nutritional programs and tables.

### Digital skills

AUTOEVALUATION				
Elaboration of personal info	Communication	Content creation	Security	Problem solving
Autonomous user	Advanced user	Basic user	Autonomous user	Autonomous user

- Good use of office pack (Microsoft Word, Excel e Powerpoint).

**Driving licences** B

### ADDITIONAL INFORMATION

#### Publication:

- E. Lombardi, L'intervento Dietistico nel Ciclista d'Elite; Rivista Italiana di Nutrizione e Metabolismo, Volume II, n°3, pag. 44, September 2018.
- A. Giorgi, M. Vicini, L. Pollastri, E. Lombardi, E. Magni, A. Andreazzoli, M. Orsini, M. Bonifazi, H. Lukaski & H. Gatterer (2018): Bioimpedance patterns and bioelectrical impedance vector analysis (BIVA) of road cyclists, Journal of Sports Sciences, DOI: 10.1080/02640414.2018.1470597
- A. Giorgi, M. Vicini, L. Pollastri, E. Lombardi, M. Orsini, M. Bonifazi, H. Gatterer, Qualitative body composition of cyclists: bioimpedance vector analysis discriminates different categories of cyclists, Book of Abstract, 3rd World Congress of Cycling Science, 29 and 30 July 2016, Caen, France

#### Book chapters:

- "Una Guida per chi Guida", autore Marco Guidarini, 2013, presidente A.M.I. (Associazione Motociclisti Incolumi), capito 1.12 "Alimentarsi meglio"
- manuale tecnico F.C.I. "Obiettivi, tipologie e mezzi di allenamento nel ciclismo moderno", autore Prof. Fabrizio Tacchino, 2012, (Ed. Calzetti - Mariucci) cap. 12 "Cenni di alimentazione"; ed. 2013 cap 11.

**Courses** Teaching activity

- Sanis Scuola di Nutrizione e Integrazione nello Sport , Nutrizione e Integrazione negli Sport di

Endurance ( Rome february 2019)

- Corso di Perfezionamento Nutrimerfor nelle varie discipline sportive, La Nutrizione nel Ciclismo Moderno ( Milan March 2019 e April 2018 ).
- Intervento di educazione alimentare progetto Monitor 440- Sport Camp Istituto Comprensivo Civitella Paganico Grosseto (5 July 2018).
- Corso di formazione professionale "Addetto all'Assistenza di base" Zona Amiata , piano di intervento della formazione professionale della Provincia di Siena (2009).

Attività di relatrice

- L'intervento Dietistico nel Ciclista professionista. XXIII Congresso Nazionale ADI, Bari (October 2018)

Seminars

- Seminars in nutritional education and scientific divulgation in different sport disciplines: cycling, athletics, baseball, ski (2008 - present).

#### Other information

Italian champion in road running Juniores, member of the Italian National team at the Italian Championships, World Championships and European Championships in cross running (2002 and 2003);

4° placement at the international half marathon in Prague (2005).

Previous sports: football and swimming.

#### Personal data policy

Authorization of treatment of personal data present in this curriculum vitae following the art. 13 of D. Lgs.196/2003 and of art. 13 of UE Rules UE 2016/679.

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