

Luca Filipas

WORK EXPERIENCE

PERFORMANCE COACH – TOTALENERGIES PRO CYCLING TEAM – 31/10/2023 – Current – ESSARTS-EN-BOCAGE, FRANCE

Coach of professional riders for the Professional team.
Season 2024: Cras, Jousseaume, Ourselin.
Season 2025: Brunel, Cras, Delbove, Delettre, Jousseaume, Turgis.
Season 2026: Breuillard, Brunel, Delbove, Delettre, Jousseaume, Le Berre, Retailleau, Turgis.

STRENGTH & CONDITIONING COACH – YOUTH AND U23 NATIONAL TEAMS – ITALIAN WINTER SPORTS FEDERATION (CROSS-COUNTRY SKIING) – 29/05/2026 – Current – ITALY

Endurance training and periodization consultant.

RESEARCHER – UNIVERSITÀ DEGLI STUDI DI MILANO – 11/2023 – Current – MILANO, ITALY

Sport sciences research area, with specific focus on determinants of endurance performance.
Lecturer of "Training theory and methodology" - Bachelor Degree in Exercise, Sport and Health Sciences.

ENDURANCE COACH / SPORT SCIENTIST – ENDURANCE ACADEMY – 11/2013 – Current – CASTANO PRIMO, ITALY

Personal coach of endurance professional and amateur athletes (in particular, cyclists and runners).
Physiological tests (lactate and VO2max) for endurance athletes and teams.

POST-DOCTORAL RESEARCH FELLOW – UNIVERSITÀ DEGLI STUDI DI MILANO – 03/2020 – 10/2023 – MILANO, ITALY

Sport sciences research area, with specific focus on determinants of endurance performance.

LECTURER – UNIVERSITÀ DI PAVIA – 03/2022 – 10/2023 – PAVIA, ITALY

Lecturer of "Theory, technique and teaching methodology of individual sports" - Master Degree in Sports Sciences and Techniques.

TRACK AND FIELD COACH – CARDATLETICA – 02/2014 – 12/2019 – CARDANO AL CAMPO, ITALY

Head of performance of youth categories and middle- and long-distance coach.

INTERNSHIP – EDITH COWAN UNIVERSITY – 10/2015 – 05/2016 – GAVIRATE, ITALY

Scientific research project on professional road cycling.

INTERNSHIP – CONSIGLIO NAZIONALE DELLE RICERCHE – 12/2014 – 09/2015 – SEGRATE, ITALY

Internship at the Institute of Bioimaging and Molecular Physiology.

TRACK AND FIELD COACH – ATLETICA RICCARDI MILANO – 09/2014 – 05/2015 – MILANO, ITALY

Youth categories coach for middle- and long-distance athletes.

INTERNSHIP – UNIVERSITÀ DEGLI STUDI DI MILANO – 01/2013 – 12/2013 – MILANO, ITALY

Internship in the exercise physiology laboratory.

EDUCATION AND TRAINING

10/2016 – 01/2020 Milano, Italy
PHD IN SPORT SCIENCES Università degli Studi di Milano

Eight months visiting the University of Canberra.

Level in EQF EQF level 8

10/2014 – 07/2016 Milano, Italy
MASTER DEGREE IN INDIVIDUAL AND TEAM SPORT SCIENCE Università degli Studi di Milano

Final grade 110/110 cum laude | **Level in EQF** EQF level 7

10/2011 – 11/2014 Milano, Italy
BACHELOR DEGREE IN EXERCISE, SPORT AND HEALTH SCIENCES Università degli Studi di Milano

Final grade 110/110 | **Level in EQF** EQF level 6

LANGUAGE SKILLS

Mother tongue(s): **ITALIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	B2	C1	B2	B2	C1
FRENCH	B1	B2	B1	B1	A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

Trainingpeaks | WKO5 | Vekta | Office Package | GraphPad Prism | SPSS

PUBLICATIONS

2026

Vicari D.S.S., Filipas L., Giustino V., Drid P., Bianco A.
Strength training in the gym versus specific strength training on the bike in young off-road cyclists
British Medical Bulletin, 157 (1), art. no. ldaf024.

Marmondi F., Panascì M., Filipas L., Faelli E.L., Bonato M.
High-intensity interval vs moderate-intensity continuous training in endurance runners: A systematic review of physiological, biochemical, physical, and biomechanical adaptations
International Journal of Sports Science and Coaching, 21 (1), pp. 580 - 591.

Arrighi T., Meloni A., Zaccaria G., Prato A., La Torre A., Luzi L., Codella R., Filipas L.
Effects of transcranial photobiomodulation on performance and cardiovascular responses in trained cyclists
Frontiers in Physiology, 17, art. no. 1766916.

2025

Marmondi F., Ferrando V., Codella R., Filipas L., Ruggeri P., La Torre A., Faelli E.L., Bonato M.
Cognition, Physical Performance, and Fall-Related Mobility Outcomes in Healthy Older Adults: A Cross-Sectional Study
Sports, 13 (12), art. no. 429.

Di Gennaro S., Filipas L., Panascì M., Gallo G., Meloni A., Codella R., Ruggeri P., Faelli E.
Maximal aerobic power and anaerobic power reserves to prescribe cycling interval training sessions
Journal of Sports Medicine and Physical Fitness, 65 (8), pp. 1046 - 1054.

Marmondi F., Ferrando V., Filipas L., Codella R., Ruggeri P., La Torre A., Faelli E.L., Bonato M.
Exercise-Induced Biomarker Modulation in Sarcopenia: From Inflamm-Aging to Muscle Regeneration
Sports, 13 (12), art. no. 444.

De Nardi M., Allemano S., Buratti M., Conti E., Filipas L., Gotti D., Luzi L., Codella R.
Photobiomodulation Acutely Augments Resting Metabolism in Women with Obesity
Nutrients , 17 (21), art. no. 3357.

Di Gennaro S., Panascì M., Gallo G., Filipas L., Ruggeri P., Faelli E.
Insights into anaerobic power reserve on relationships with exercise tolerance, work above critical power, and accumulated oxygen deficit in endurance-trained male cyclists: a pilot study
Applied Physiology, Nutrition and Metabolism, 50.

Gotti D., Codella R., Vergallito L., Meloni A., Arrighi T., La Torre A., Filipas L.
From Amateur to Professional Cycling: A Case Study on the Training Characteristics of a Zwift Academy Winner
Sports, 13 (7), art. no. 234.

Meloni A., Codella R., Arrighi T., Festa L., Ceci G., Faraci G., Manari G., Manari D., Filipas L.
An intermittent recovery test for soccer players: a validation study
Journal of Sports Medicine and Physical Fitness, 65 (3), pp. 341 - 346

Filipas L., Vecchi S., Codella R., Boccia G., Brustio P.R.
Performance trajectories of Italian professional cyclists: an analysis of the influence of youth performance on professional success
International Journal of Performance Analysis in Sport, 25 (2), pp. 207 - 217

Rosenblat M.A., Watt J.A., Arnold J.I., Treff G., Sandbakk Ø.B., Esteve-Lanao J., Festa L., Filipas L., Galloway S.D., Muñoz I., Ramos-Campo D.J., Schneeweiss P., Sellés-Pérez S., Stöggl T., Talsnes R.K., Zinner C., Seiler S.
Which Training Intensity Distribution Intervention will Produce the Greatest Improvements in Maximal Oxygen Uptake and Time-Trial Performance in Endurance Athletes? A Systematic Review and Network Meta-analysis of Individual Participant Data
Sports Medicine, 55 (3), art. no. l4898, pp. 655 - 673

Meixner B., Filipas L., Holmberg H.-C., Sperlich B.
Zone 2 Intensity: A Critical Comparison of Individual Variability in Different Submaximal Exercise Intensity Boundaries
Translational Sports Medicine, 2025 (1), art. no. 2008291

Panascì M., Ferrando V., Bisio A., Filipas L., Gennaro S.D., Puce L., Ruggeri P., Faelli E.
Moderate-Duration Dynamic Stretching During Warm-up Improves Running Economy and Running Performance in Recreational Distance Runners
International Journal of Sports Physiology and Performance, 20 (1), pp. 99 - 108

Codella R., Filipas L., La Torre A.
Exploring the impact of high altitude on physiological parameters and training characteristics of endurance runners
Journal of Sports Medicine and Physical Fitness, 65 (4), pp. 465 - 467

Panascì M., Gennaro S.D., Ferrando V., Bisio A., Filipas L., Ruggeri P., Faelli E.
Effects of Moderate- Versus Mixed-Intensity Rowing Training on Physiological Responses and Performance in Highly Trained Adolescent Rowers: A Pilot Study
International Journal of Sports Physiology and Performance, 20 (5), pp. 700 - 708

2024

Filipas L., Arrighi T., Meloni A., Codella R., La Torre A.
Beyond the classical periodization: the new frontier of microperiodization for endurance disciplines
Journal of Sports Medicine and Physical Fitness, 64 (11), pp. 1115 - 1117

Bonato M., Marmondi F., Faelli E.L., Pedrinelli C., Ferraris L., Filipas L.
Advanced Footwear Technology in Non-Elite Runners: A Survey of Training Practices and Reported Outcomes
Sports, 12 (12), art. no. 356

De Nardi M., Filipas L., Di Gennaro S., Allemano S., Gallo G., Meloni A., Della Guardia L., Luzi L., La Torre A., Codella R.
Effects of cryo-facial mask on running performance in amateur middle-distance runners
Cryobiology, 117, art. no. 105158

Mirto M., Filipas L., Altini M., Codella R., Meloni A.
Heart Rate Variability in Professional and Semiprofessional Soccer: A Scoping Review
Scandinavian Journal of Medicine and Science in Sports, 34 (6), art. no. e14673.

Meloni A., Codella R., Gotti D., Di Gennaro S., Luzi L., Filipas L.
Corrigendum: Fat oxidation rates and cardiorespiratory responses during exercise in different subject populations with post-acute sequelae of SARS-CoV-2 infection: a comparison with normative percentile values (Front. Physiol., (2023), 14, 1310319, 10.3389/fphys.2023.1310319)
Frontiers in Physiology, 15, art. no. 1374886

Romagnoli R., Filipas L., Piacentini M.F.
Can mental fatigue affect perception of barbell velocity in resistance training?
European Journal of Sport Science, 24 (6), pp. 732 - 739.

Gallo G., Mateo-March M., Fuk A., Faelli E., Ruggeri P., Codella R., Filipas L.
The Day-by-Day Periodization Strategies of a Giro d'Italia Podium Finisher
International Journal of Sports Physiology and Performance, 19 (5), pp. 505 - 509.

Gallo, G., Faelli, E.L., Ruggeri, P., Filipas, L., Codella, R., Plews, D.J., Maunder, E.
Power output at the moderate-to-heavy intensity transition decreases in a non-linear fashion during prolonged exercise
European Journal of Applied Physiology, .

Codella, R., Gallo, G., Meloni, A., Luzi, L., Filipas, L.
Elite Cyclists with Type 1 Diabetes Show Acceptable Glycemic Excursions During a Time-Trial Performance Under High-Definition Transcranial Direct Current Stimulation
Endocrine Practice, 30 (4), pp. 380-383.

Giuriato, M., Filipas, L., Crociani, M., Carnevale Pellino, V., Vandoni, M., Gallo, G., La Torre, A., Rossi, C., Lovecchio, N., Codella, R.
Inter-Trial Rest Interval Affects Learning Throwing Skills among Adolescents
Journal of Motor Behavior, 56 (2), pp. 132-138.

Filipas, L., Rossi, C., Codella, R., Bonato, M.
Mental Fatigue Impairs Second Serve Accuracy in Tennis Players
Research Quarterly for Exercise and Sport, 95 (1), pp. 190-196.

2023

La Torre, A., Filipas, L., Codella, R.
Italian status update on physical activity levels, sports, and sedentariness: how should we turn the tide?
Journal of Sports Medicine and Physical Fitness, 63 (12), pp. 1251-1253.

De Nardi, M., Filipas, L., Facheris, C., Righetti, S., Tengattini, M., Faelli, E., Bisio, A., Gallo, G., Torre, A.L., Ruggeri, P., Codella, R.
Partial-body cryostimulation procured performance and perceptual improvements in amateur middle-distance runners
PLoS ONE, 18 (11 November), art. no. e0288700, .

Gallo, G., Mateo-March, M., Gotti, D., Maunder, E., Codella, R., Ruggeri, P., Faelli, E., Filipas, L.
The Weekly Periodization of Top 5 Tour de France General Classification Finishers: A Multiple Case Study
International Journal of Sports Physiology and Performance, 18 (11), pp. 1313-1320.

Panascì, M., Di Gennaro, S., Ferrando, V., Filipas, L., Ruggeri, P., Faelli, E.
Efficacy of Resisted Sled Sprint Training Compared With Unresisted Sprint Training on Acceleration and Sprint Performance in Rugby Players: An 8-Week Randomized Controlled Trial
International Journal of Sports Physiology and Performance, 18 (10), pp. 1189-1195.

Díaz-García, J., Filipas, L., La Torre, A., Gómez-Rivera, J., Rubio-Morales, A., García-Calvo, T.
Mental fatigue changes from regular season to play-offs in semiprofessional soccer: A comparison by training days
Scandinavian Journal of Medicine and Science in Sports, 33 (5), pp. 712-724.

Filipas, L., Bonato, M., Maggio, A., Gallo, G., Codella, R.
Effects of plyometric training on different 8-week training intensity distributions in well-trained endurance runners
Scandinavian Journal of Medicine and Science in Sports, 33 (3), pp. 200-212.

Della Guardia, L., Carnevale Pellino, V., Filipas, L., Bonato, M., Gallo, G., Lovecchio, N., Vandoni, M., Codella, R.
Nordic Walking Improves Cardiometabolic Parameters, Fitness Performance, and Quality of Life in Older Adults With Type 2 Diabetes
Endocrine Practice, 29 (2), pp. 135-140.

Barbieri, A., Fuk, A., Gallo, G., Gotti, D., Meloni, A., La Torre, A., Filipas, L., Codella, R.
Cardiorespiratory and metabolic consequences of detraining in endurance athletes
Frontiers in Physiology, 14, art. no. 1334766, .

Meloni, A., Codella, R., Gotti, D., Di Gennaro, S., Luzi, L., Filipas, L.
Fat oxidation rates and cardiorespiratory responses during exercise in different subject populations with post-acute sequelae of SARS-CoV-2 infection: a comparison with normative percentile values
Frontiers in Physiology, 14, art. no. 1310319, .

Bonato, M., Bizzozero, S., Filipas, L., Latorre, A.
The influence of anthropometric parameters in track and field curve sprint
Journal of Sports Medicine and Physical Fitness, 63, pp. 1254-1261.

Panascì, M., Ferrando, V., Bisio, A., Filipas, L., Ruggeri, P., Faelli, E.
Shuttle Running Within a Small-Sided Game: Effects on Internal and External Workloads, in Young Elite Soccer Players
International journal of sports physiology and performance, 18 (1), pp. 77-84.

2022

Gallo, G., Mateo-March, M., Gotti, D., Faelli, E., Ruggeri, P., Codella, R., Filipas, L.

How do world class top 5 Giro d'Italia finishers train? A qualitative multiple case study
Scandinavian Journal of Medicine and Science in Sports, 32 (12), pp. 1738-1746.

Filipas, L., Gallo, G., Meloni, A., Luzi, L., Codella, R.
Effects of bilateral dorsolateral prefrontal cortex high-definition transcranial direct-current stimulation on time-trial performance in cyclists with type 1 diabetes mellitus
Brain Stimulation, 15 (5), pp. 1292-1299.

Gallo, G., Geda, E., Codella, R., Faelli, E., Panascì, M., Eduardo Ranieri, L., Pollastri, L., Brighenti, S., Molino, L., Riba, U., Luzi, L., Ruggeri, P., Filipas, L.
Effects of Bilateral Dorsolateral Prefrontal Cortex High-Definition Transcranial Direct-Current Stimulation on Physiological and Performance Responses at Severe-Intensity Exercise Domain in Elite Road Cyclists
International Journal of Sports Physiology and Performance, 17 (7), pp. 1085-1093.

Belli, E., Filipas, L., Latorre, A., Vitale, J.A.
Incidence of injuries in semi-professional soccer: a six-month retrospective study in the Italian fourth division
Journal of Sports Medicine and Physical Fitness, 62 (7), pp. 938-943.

Gallo, G., Mateo-March, M., Leo, P., Campos-Donaire, A., Gandia-Soriano, A., Giorgi, A., Faelli, E., Ruggeri, P., Codella, R., Mujika, I., Filipas, L.
Power Road-Derived Physical Performance Parameters in Junior, Under-23, and Professional Road Cycling Climbers
International Journal of Sports Physiology and Performance, 17 (7), pp. 1094-1102.

Filipas, L., Bonato, M., Gallo, G., Codella, R.
Effects of 16 weeks of pyramidal and polarized training intensity distributions in well-trained endurance runners
Scandinavian Journal of Medicine and Science in Sports, 32 (3), pp. 498-511.

Gallo, G., Mostaert, M., Faelli, E., Ruggeri, P., Delbarba, S., Codella, R., Vansteenkiste, P., Filipas, L.
Do Race Results in Youth Competitions Predict Future Success as a Road Cyclist? A Retrospective Study in the Italian Cycling Federation
International Journal of Sports Physiology and Performance, 17 (4), pp. 621-626.

Gallo, G., Leo, P., Mateo-March, M., Giorgi, A., Faelli, E., Ruggeri, P., Mujika, I., Filipas, L.
Cross-Sectional Differences in Race Demands Between Junior, Under 23, and Professional Road Cyclists
International Journal of Sports Physiology and Performance, 17 (3), pp. 450-457.

2021

Gallo, G., Leo, P., March, M.M., Giorgi, A., Faelli, E., Ruggeri, P., Mujika, I., Filipas, L.
Differences in Training Characteristics Between Junior, Under 23 and Professional Cyclists
International Journal of Sports Medicine, 43 (14), pp. 1183-1189.

Lovecchio, N., Manes, G., Filipas, L., Giuriato, M., Torre, A.L., Iaia, F.M., Codella, R.
Screening Youth Soccer Players by Means of Cognitive Function and Agility Testing
Perceptual and Motor Skills, 128 (6), pp. 2710-2724.

Filipas, L., Martin, K., Northey, J.M., La Torre, A., Keegan, R., Rattray, B.
Response to the letter to the editor regarding the article “A 4-week endurance training program improves tolerance to mental exertion in untrained individuals”
Journal of Science and Medicine in Sport, 24 (12), pp. 1202-1203.

Faelli, E., Panascì, M., Ferrando, V., Bisio, A., Filipas, L., Ruggeri, P., Bove, M.
The effect of static and dynamic stretching during warm-up on running economy and perception of effort in recreational endurance runners
International Journal of Environmental Research and Public Health, 18 (16), art. no. 8386, .

LA Torre, A., Vitale, J.A., Codella, R., Filipas, L.
Road to Tokyo 2020: Has this atypical 5-year Olympic cycle represented an opportunity?
Journal of Sports Medicine and Physical Fitness, 61 (8), pp. 1039-1041.

Melocchi, I., Filipas, L., Lovecchio, N., de Nardi, M., la Torre, A., Codella, R.
Effects of different stretching methods on vertical jump ability and range of motion in young female artistic gymnastics athletes
Journal of Sports Medicine and Physical Fitness, 61 (4), pp. 527-533.

Filipas, L., La Torre, A., Hanley, B.
Pacing Profiles of Olympic and IAAF World Championship Long-Distance Runners
Journal of Strength and Conditioning Research, 35 (4), pp. 1134-1140.

Gallo, G., Filipas, L., Tornaghi, M., Garbin, M., Codella, R., Lovecchio, N., Zaccaria, D.
Thresholds Power Profiles and Performance in Youth Road Cycling
International journal of sports physiology and performance, 16 (7), pp. 1049-1051.

Filipas, L., Ferioli, D., Banfi, G., Torre, A.L., Vitale, J.A.
Single and combined effect of acute sleep restriction and mental fatigue on basketball free-throw performance

International Journal of Sports Physiology and Performance, 16, pp. 415-420.

Pollastri, L., Gallo, G., Zucca, M., Filipas, L., la Torre, A., Riba, U., Molino, L., Geda, E.
Bilateral dorsolateral prefrontal cortex high-definition transcranial direct-current stimulation improves time-trial performance in elite cyclists
International Journal of Sports Physiology and Performance, 16 (2), pp. 224-231.

Codella, R., Alongi, R., Filipas, L., Luzi, L.
Ergogenic Effects of Bihemispheric Transcranial Direct Current Stimulation on Fitness: A Randomized Cross-over Trial
International Journal of Sports Medicine, 42 (1), pp. 66-73.

Filipas, L., Borghi, S., La Torre, A., Smith, M.R.
Effects of mental fatigue on soccer-specific performance in young players
Science and Medicine in Football, 5 (2), pp. 150-157.

2020

Filipas, L., Martin, K., Northey, J.M., La Torre, A., Keegan, R., Rattray, B.
A 4-week endurance training program improves tolerance to mental exertion in untrained individuals
Journal of Science and Medicine in Sport, 23 (12), pp. 1215-1219.

Filipas, L.
The effect of mental fatigue on sport-specific endurance and technical performances (PhD Academy Award)
British Journal of Sports Medicine, 55 (1), pp. 67-68.

2019

Filipas, L., Gallo, G., Pollastri, L., Torre, A.L.
Mental fatigue impairs time trial performance in sub-elite under 23 cyclists
PLoS ONE, 14 (6), art. no. e0218405, .

2018

Filipas, L., Ballati, E.N., Bonato, M., La Torre, A., Piacentini, M.F.
Elite male and female 800-m runners⇔ display of different pacing strategies during season-best performances
International Journal of Sports Physiology and Performance, 13 (10), pp. 1344-1348.

Filipas, L., Mottola, F., Tagliabue, G., La Torre, A.
The effect of mentally demanding cognitive tasks on rowing performance in young athletes
Psychology of Sport and Exercise, 39, pp. 52-62.

Filipas, L., La Torre, A., MenaspÀ, P., Giorgi, H.
Achieving Grand Tour success: A pilot study using cycling's World Tour points
Journal of Sports Medicine and Physical Fitness, 58 (10), pp. 1432-1438.

CONFERENCES AND SEMINARS

2026

Oral presentation on invitation to national congress..
Congress: FIGC "Cronometro d'Oro" - Coverciano (2026).
Filipas, L. Allenamento del sistema anaerobico lattacido nel calcio: prospettive metodologiche da mezzofondo e ciclismo.

2025

Oral presentation on invitation to national congress.
Congress: CONI "Atleticamente" - Padova (2025).
Filipas, L. Il cocktail giusto! Come organizzare - controllare - modulare quantità e intensità nel piano di allenamento.

Scientific director of a national congress.
Congress: Obiettivo Performance "Advanced Endurance Training" - Milano (2025).

Scientific director of a national congress.
Congress: Obiettivo Performance "Advanced Endurance Training" - Bologna (2025).

2024

Oral presentation on invitation to national congress.
Congress: CONI "Atleticamente" - Padova (2024).
Filipas, L. Dur-ABILITÀ - Resistenza o resilienza?

Oral presentation at national congress.
Congress: XXXII National Congress SIPF - Cesena (2024).
Filipas, L. Effects of bilateral dorsolateral prefrontal cortex high-definition transcranial direct-current stimulation on physiological and performance responses in elite cyclists.

2023

Oral presentation on invitation to national congress.
Congress: Correre "Allenamento e preparazione del corridore amatoriale e professionista" - Milano (2023).
Filipas, L. Programmazione e periodizzazione dellallenamento nella corsa di fondo.

Scientific director of a national congress.
Congress: Scuola dello Sport "Dal test fisiologico al programma di allenamento negli sport di endurance" - Roma (2023).

2022

Oral presentation on invitation to national congress.
Congress: Federazione Italiana Sport Invernali "Sci di fondo: obiettivi futuri" - Bobbio (2022).
Filipas, L. Le intensità di allenamento: dalla ricerca scientifica al campo.

2021

Oral presentation at national congress.
Congress: XII National Congress SISMES - Padova (2021).
Filipas, L., Bonato, M., Gallo, G., Codella, R. Effects of pyramidal and polarized training intensity distributions over a 16-week periodization.

Oral presentation on invitation to national congress.
Congress: European Athletics "High Performance Webinar Series" - Online (2021).
Filipas, L. The effects of mental fatigue on physical performance.

2020

Oral presentation on invitation to national congress.
Congress: Federazione Italiana di Atletica Leggera "Corsa in montagna/sci nordico: contaminazioni virtuose" - Online (2020).
Filipas, L. Tra volume e intensità: modulazione e controllo dei carichi di allenamento.

Oral presentation on invitation to national congress.
Congress: Federazione Italiana di Atletica Leggera "L'atleta moderno tra Ercole e Pitagora. Adattamenti alla fatica (fisica e mentale) tra stagioni, climi e fusi orari" - San Giorgio su Legnano (2020).
Filipas, L. La fatica nella corsa di resistenza: mente o corpo?

2019

Oral presentation at national congress.
Congress: XI National Congress SISMES - Bologna (2019).
Filipas, L., La Torre, A., Ferioli, D., Vitale, J.A. The effects of mental fatigue and sleep deprivation on free throw basketball performance.

Oral presentation at international congress.
Congress: Action Sport & Exercise Medicine Congress - Malcesine (2019).
Filipas, L. Mottola, F., Tagliabue, G. The effect of mental fatigue in endurance sports.

Oral presentation at international congress.
Congress: European College of Sport Science Congress - Praga (2019).
Filipas, L., Martin, K., Northey, J., La Torre, A., Keegan, R., Rattray, B. A 4-week endurance training program improves tolerance to mental exertion in untrained individuals.

2018

Oral presentation at national congress.
Congress: X National Congress SISMES - Messina (2018).
Filipas, L., La Torre, A., Martin, K., Keegan, R., Rattray, B. Improved tolerance to mental exertion after 4 weeks of endurance training.

Poster presentation at national congress.
Congress: X National Congress SISMES - Messina (2018).
Filipas, L., La Torre, A., Hanley, B. Pacing profiles of Olympic and IAAF World Championship long distance runners.

2016

Oral presentation at national congress.
Congress: VIII National Congress SISMES - Roma (2016).
Filipas, L., La Torre, A., Menaspà, P., Giorgi, H. Achieving Grand Tour success - The progression in cycling's World Tour points.

Oral presentation at international congress.
Congress: European College of Sport Science Congress - Vienna (2016).
Filipas, L., La Torre, A., Menaspà, P., Giorgi, H. Modelling professional cyclists' careers with UCI points.

2017

Oral presentation at national congress.
Congress: IX National Congress SISMES - Brescia (2017).
Filipas, L., Tagliabue, G., La Torre, A., Mottola, F. Mental fatigue does not influence rowing performance in young athletes.

Poster presentation at national congress.
Congress: IX National Congress SISMES - Brescia (2017).
Filipas, L., Colnaghi, G., Mottola, F., La Torre, A. Analysis of dropout from high-level alpine ski.

Oral presentation at international congress.
Congress: European College of Sport Science Congress - Essen (2017).
Filipas, L., Tagliabue, G., La Torre, A., Mottola, F. Does mental exertion influence rowing performance in young athletes?

LACTURER ACTIVITIES

Lecturer for Italian Winter Sports Federation

Invited presentations at seminars and courses of the Italian Winter Sports Federation (disciplines of cross-country skiing and biathlon).

Lecturer for Italian Athletics Federation

Invited presentations at seminars and courses of the Italian Athletics Federation (disciplines of middle- and long-distance).

Lecturer for World Athletics

Creator of training courses for World Athletics (disciplines of middle-distance, long-distance and race walking).

HONOURS AND AWARDS

11/06/2026
National Academic Qualification as Full Professor – Ministero dell'Università e della Ricerca

Examination section: 06/N2 - Exercise and Sport Sciences

25/01/2023
National Academic Qualification as Associate Professor – Ministero dell'Università e della Ricerca

Examination section: 06/N2 - Exercise and Sport Sciences

2022
"Paper of the Year" Award – Scandinavian Journal of Medicine and Science in Sports

2020
Finalist of the "PhD Academy Award" – British Journal of Sports Medicine

2018
"Best Poster Presentation" Award – X National Congress SISMES - Messina (2018)

Data: 06/10/2026

Firma: