

Curriculum Vitae

Personal informations

Name	Gabriele Gallo
Gender	Male

Education:

- **Ph.D. Student in Exercise and Sport Science, Università degli Studi di Genova**
October 2020 –
- **M.Sc. in Exercise and Sport Science, Università degli Studi di Milano**
2018 – 2019, 110/110 with honors.
- **BS in Exercise and Sport Science, Università degli Studi di Milano**
2015 – 2018, 110/110 with honors.

Work Experience:

- **Università degli Studi di Pavia, Lecturer**
March 2024 –
Course: cycling
- **Auckland University of Technology, Research Intern**
October 2022 – July 2023, Auckland, New Zealand
I worked at AUT Millenium on different research projects related to durability during prolonged exercise.
- **Adidas, Brand Ambassador Running Coach**
September 2020 - October 2022
Milano, Italy.
- **Trevigliese Junior Cycling Team, Sport Scientist**
November 2020 - October 2021
Treviglio, Italy.
- **Sport Service Mapei, Research Fellow**
September 2019 - August 2020

I worked with MapeiSport and Trek-Segafredo World Tour Professional Cycling Team to understand the relationship between training load and performance in road professional male cyclists. Olgiate Olona, Italy.

- **Team Giorgi Junior Cycling Team, Sport Scientist**

December 2018 - October 2019

Bergamo, Italy.

- **PENTAVIS srl, Sport Scientist and Cycling Coach**

2017 - 2019

Metabolic and Performance testing for Under 17, Junior, Under 23 and Professional road cyclists. Coaching for amateur competitive endurance athletes.

Lecco, Italy.

List of Publications:

- 1) **Gallo G**, Faelli EL, Ruggeri P, Filipas L, Codella R, Plews DJ, Maunder E. Power output at the moderate-to-heavy intensity transition decreases in a non-linear fashion during prolonged exercise. *Eur J Appl Physiol*. 2024 Mar 14.
- 2) **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. *Int J Sports Physiol Perform*. 2023 Sep 14;18(11):1313-1320.
- 3) **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. *Scand J Med Sci Sports*. 2022 Dec;32(12):1738-1746.
- 4) **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. *Int J Sports Physiol Perform*. 2024 Feb 9:1-5.
- 5) **Gallo G**, Bosio A, Martin M, Morelli A, Azzolini M, Guercilena L, Larrazabal J, Rampinini E. Relationships between training dose and record power outputs in professional road cyclists: insights and threats to validity. *Biol Sport*. 2023 Apr;40(2):485-495.
- 6) **Gallo G**, Geda E, Codella R, Faelli E, Panasci M, Ranieri LE, 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. *Int J Sports Physiol Perform*. 2022 Apr 21;17(7):1085-1093..
- 7) **Gallo G**, Filipas L, Tornaghi M, Garbin M, Codella R, Lovecchio N, Zaccaria D. Thresholds Power Profiles and Performance in Youth Road Cycling. *Int J Sports Physiol Perform*. 2021 Jul 1;16(7):1049-1051.

- 8) **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. *Int J Sports Physiol Perform*. 2022 Mar 1;17(3):450-457.
- 9) **Gallo G**, Leo P, March MM, Giorgi A, Faelli E, Ruggeri P, Mujika I, Filipas L. Differences in Training Characteristics Between Junior, Under 23 and Professional Cyclists. *Int J Sports Med*. 2022 Dec;43(14):1183-1189.
- 10) **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. *Int J Sports Physiol Perform*. 2022 Apr 28;17(7):1094-1102.
- 11) Filipas L, **Gallo G**, Pollastri L, La Torre A. Mental fatigue impairs time trial performance in sub-elite under 23 cyclists. *PLoS One*. 2019 Jun 17;14(6):e0218405.
- 12) 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. *Int J Sports Physiol Perform*. 2021 Feb 1;16(2):224-231.
- 13) Filipas L, Bonato M, **Gallo G**, Codella R. Effects of 16 weeks of pyramidal and polarized training intensity distributions in well-trained endurance runners. *Scand J Med Sci Sports*. 2022 Mar;32(3):498-511.
- 14) 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 Stimul*. 2022 Sep-Oct;15(5):1292-1299.
- 15) 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. *Scand J Med Sci Sports*. 2023 Mar;33(3):200-212.
- 16) 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. *Endocr Pract*. 2023 Feb;29(2):135-140.
- 17) 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. *J Mot Behav*. 2023 Oct 12:1-7.
- 18) De Nardi M, Filipas L, Facheris C, Righetti S, Tengattini M, Faelli E, Bisio A, **Gallo G**, La Torre A, Ruggeri P, Codella R. Partial-body cryostimulation procured performance and perceptual improvements in amateur middle-distance runners. *PLoS One*. 2023 Nov 22;18(11):e0288700.
- 19) 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. *Front Physiol*. 2024 Jan 22;14:1334766.
- 20) 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. *Endocr Pract*. 2024 Feb

1:S1530-891X(24)00047-8.

Awards:

- **Winner VIII Research Grant 'Aldo Sassi'** funded by MapeiSport and Camera di Commercio di Varese
€ 10.000
September 2019
- Most read article within one year of publication date in *Scandinavian Journal of Medicine & Science In Sports*
March 2024
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. *Scand J Med Sci Sports*. 2022 Dec;32(12):1738-1746.