

Dr Irina Zelenkova

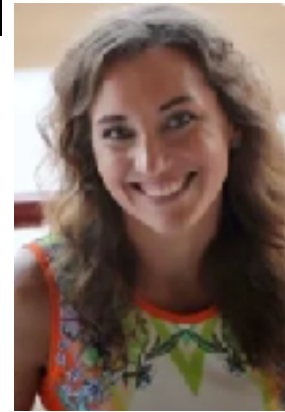
Leningradsky av 75A-62,
125057, Moscow, Russia
Phone number: +79167740393

E-mail: iz@i1.ru

Age: 31

Languages: English, Spanish, French and Russian.

Place of Birth: Moscow, Russia



QUALIFICATIONS

MD, Moscow 2010

General Practice, Moscow 2011

Sport Medicine, Moscow 2013

PhD, Moscow 2015 PhD defence: "Physiological response to hypoxic training in elite athletes".

Cardiology, 2016

IOC Sport Medicine, 2016

Emergency Medicine, 2017

PROFESSIONAL EXPERIENCE

2017 - now

**MEMBER OF ANTI-DOPING COMMISSION IN ASSOCIATION OF AQUATIC SPORTS
Moscow, Russia**

2014 – now

**RUSSIAN OLYMPIC COMMITTEE INNOVATION CENTRE
Moscow, Russia**

Director of Sport Science

February 2017 –
now

- Leading the team of eight physiologists working in exercise testing in laboratory and in the field with Russian national teams (cycling, triathlon, kayak, tennis, cross-country ski, speed skating, biathlon, archery, sailing, surfing, and wrestling).
- Performing tests in laboratory and in the field
- Consultancy and providing altitude training for elite athletes
- Measurement of total hemoglobin mass (more than 1600 measurements in elite athletes).
- Realization of special projects (Talent identification, Hypoxic index modeling, IOC programs location)
- Participation and organisation of workshops and conferences.

August 2014 –
February 2017

**Senior Scientific Associate, Sport Science Department
Sports Medicine Physician & Exercise Physiologist**

- Working with Russian national teams in field of preparation for Olympic Games. In charge for physiological, biomechanical and strength testing, interpretation of data and adaptation of training strategies of the athletes of the Russian national teams (cycling, triathlon, kayak, tennis, soccer, basketball, handball, cross-country ski, speed skating, biathlon).
- Performing tests in laboratory and in the field
- Altitude training in basic period of preparation and in pre competition period.
- Measurement of total hemoglobin mass (more than 1000 measurements in elite athletes).
- Realisation of special projects (Software for monitoring and analysis of training loads, physical and physiological state of athletes, tapering and peaking, injury prevention)
- Conference organisation and translation

2012 - 2014

**CENTRE FOR MEDICAL AND BIOLOGICAL INNOVATIONS,
Moscow, Russia**

2014

Member of Science Advisory Board of MOVU Journal of Sport Science

2013– 2014

P.K. Anokhin Institute of Normal Physiology, Moscow, Russia
Exercise physiologist.

2009 – 2013

**STATE CENTRE RAS, INSTITUTE OF BIOMEDICAL ISSUES
Moscow, Russia**

Research Assistant

Main topic of the research: - Physiology of freediving, Effect of continuous and interval aerobic exercise upon expression of PGC-1A and FOXO1 in human skeletal muscle.

EDUCATION

2017

**STATE CLINICAL HOSPITAL: №1 of the Presidential Administration of the Russian Federation,
Department of Emergency Medicine.**
Training in intensive care and emergency medicine

2014 - 2016

**INTERNATIONAL OLYMPIC COMMITTEE,
Postgraduate program in Sports Medicine**

2016	I.M. SECHENOV FIRST MOSCOW STATE MEDICAL UNIVERSITY Department of Preventive and Emergency Cardiology, The University clinic is a 600-bed hospital with a Cardiology Centre. Training in intensive care and emergency cardiology
2014 April	Homologation of diploma (basic medicine) of M.V. LOMONOSOV MOSCOW STATE UNIVERSITY by Ministry of Education, Culture and Sport of Spain
2014 February	PhD defense: “Physiological response to hypoxic training in elite athletes”
2012 – 2014	PhD Student Main topic of the research: Physiological responses to hypoxia, adaptation to altitude and hypoxic training in elite athletes.
—	
2011-2013	I.M. SECHENOV FIRST MOSCOW STATE MEDICAL UNIVERSITY, Moscow, Russia Sport medicine and adaptive physical education Resident The sport medical center is specialized in functional and cardiology testing of athletes, exclusion of pathology, rehabilitation.
2010-2011	I.M. SECHENOV FIRST MOSCOW STATE MEDICAL UNIVERSITY, Moscow, Russia General practitioner internship The University clinic is a 600-bed hospital with a Cardiology Center. As a senior resident, responsibilities included supervising medical students.
2004-2010	M.V. LOMONOSOV MOSCOW STATE UNIVERSITY, Moscow, Russia Doctor of Medicine, Faculty of basic medicine.

OTHER SPORTS MEDICINE ROLES

July 2014 - now	Sports Physician of professional basketball team of MBA, Russia
November 2014 - now	Sports Physician of Professional rally team KAMAZ-Master, Russia

EXPEDITION & ADVENTURE MEDICINE PROJECTS

January 2018	OJOS DEL SALADO EXPEDITION, Chile Preparation for the expedition and physician of the team
--------------	--

March 2017	NORTH POLE EXPEDITION Preparation for the expedition and physician of the team
January 2015-17	PROFESSIONAL RALLY TRUCK TEAM "KAMAZ-MASTER" Sport Medicine Physician of the team, preparation of the team for the rally competition, physician of the team at Rally DAKAR-2017/2016/2015 (Team of 51 people)
July 2016	SPORTJET by SUKHOY Project of plain developed especially for elite athletes with physiological test and analysing software
March 2016	NORTH POLE EXPEDITION Preparation for the expedition and physician of the team.
January 2015	SOUTH POLE EXPEDITION TO MT. WINSON Preparation for the expedition and Physician of the expedition
July 2014	EXPEDITION TO MT. Mont Blanc, Chamonix, France Preparation for the expedition and physician of the expedition

RECENT CONFERENCE PRESENTATIONS

March 2018	2018 WADA Annual Symposium, Lausanne, Switzerland
February 2018	PARM 28 th Annual Convention, Manila, Philippines Invited lecture
February 2018	The 8th Edition of THE OLYMPIC ACADEMIC PROGRAMME ON SPORTS MEDICINE AND SPORTS PHYSIOTHERAPY, PyeongChang, South Korea
November 2017	IOC ADVANCED TEAM PHYSICIAN COURSE
October 2017	X International Symposium of Sport Medicine and Rehabilitation, Moscow, Russia Invited lecture
March 2017	Altitude training in elite athletes for sport medicine physician, Baku, Azerbaijan. Full day workshop on innovative methods of hypoxic training.
March 2017	Altitude training in elite athletes. Altitude training centre, London, UK. Invited lecture
March 2017	IOC World conference Prevention of Injury and Illness in Sport. Poster Presentation
June 2016	The 21 th European College of Sport science, Vienna, Austria. Oral Presentation

April 2016 Elite science for elite sport conference, Moscow, Russia
Invited lecture

June 2015 The 20th European College of Sport science, Malmo, Sweden
Oral Presentation

June 2015 Conference of "Heat stress and sport performance", INSEP, Paris, France

Feb 2015 Conference of "New Sport medicine concept in handball", Aspetar, Doha,

MAIN RESEARCH AND PUBLICATIONS

ENG

Zelenkova I, Zotkin S, Korneev P, Koprov S, Grushin A. Comprehensive overview of haemoglobin mass and blood volume in elite athletes across a wide range of different sporting disciplines. J Sports Med Phys Fitness. 2018 Jan 4.

Ratmanova P, Semenyuk R, Popov D, Kuznetsov S, Zelenkova I, Napalkov D, Vinogradova O. Prolonged dry apnoea: effects on brain activity and physiological functions in breath-hold divers and non-divers. Eur J Appl Physiol. 2016 Jul;116(7):1367-77.

Zelenkova I, Chomahidze P. Long-term effects of frequent maximal breath-holding on the cardiac health of elite freedivers. Scand J Med Sci Sports. 2015 Dec 22.

Adaptive responses to extreme loads during ultra-cycling event. Zelenkova, I. , Korneev, P. , Gracheva, M. , Zotkin, S. The 21th European College of Sport science, Vienne, Austria.

Application of hypoxic training in technical sports. Zelenkova, I, Zotkin, S., Korneev, P. , Koprov, S. , Almiyashev, D. , Grushin, A. The 20th European College of Sport science, Malmo, Sweden.

Can total haemoglobin mass be used in performance prediction in elite athletes?
Zelenkova, I, Zotkin, S., Korneev, P. , Koprov, S. , Grushin, A.

The 19th European College of Sport science, Amsterdam, Holland.

Influence of regular breath-holds on heart rate and arrhythmia in elite breath-hold divers. Zelenkova I, Chomakhidze P.

The 18th European College of Sport science, Barcelona, Spain.

Cardiovascular and respiratory responses to apnea in trained male breath-hold divers and untrained persons in 37th Annual Scientific Meeting of the European underwater & baromedical society.

Effect of continuous and interval aerobic exercise upon expression of PGC-1A and FOXO1 in human skeletal muscle» in 16th Annual Congress of the ECSS New Horizons from a world heritage city, Liverpool UK.

Cardiovascular and respiratory responses to apnea in trained female breath-hold divers in 17th International Congress of Hyperbaric Medicine, Cape Town, South Africa.

RUS

METHODICAL RECOMMENDATIONS OF THE ROC. APPLICATION OF ALTITUDE TRAINING IN ELITE SPORT.
NI Volkov, ND Altukhov, EB Akimov, DVPopov, D.Kh.Almyashev, IE Zelenkova, PV Korneev, AV Igumnov, Moscow
2013 ,

SYSTEMIC MECHANISMS OF BREATH HOLD.
Vagin Yu.E., Zelenkova IE, Fudin N.A.
Sports medicine: science and practice. 2015. № 2. P. 24-32.

PATHOGENETIC ASPECTS OF INFLUENCE OF REGULAR LONG-TERM BREATH HOLDS ON NEUROLOGICAL, CARDIO-
VASCULAR AND RESPIRATORY SYSTEM (OVERVIEW OF FOREIGN LITERATURE)
Zelenkova IE
Sports medicine: science and practice. 2015. № 1. P. 7-13.

PRACTICAL APPLICATION OF TOTAL HAEMOGLOBIN MASS AND BLOOD VOLUME MEASUREMENT USING CO RE-
BREATHING METHOD IN TRAINING PRACTICE
Zelenkova IE, Zotkin SV, Grushin AA
Sports medicine: science and practice. 2014. № 4. P. 17-23.

ADAPTATION TO THE BREATH-HOLD IN ELITE FREEDIVERS
Zelenkova IE, Fudin NA, Vagin Yu.E., Nafeeva AA, Kulin AA
Sports medicine: science and practice. 2014. № 2. P. 9-14.

THE INFLUENCE OF SPECIAL HYPOXIC TRAINING LIVE HIGH-TRAIN LOW (LHTL) ON THE AEROBIC PERFORMANCE
IN ELITE ATHLETES
Korneev PV, Zelenkova IE, Zotkin S.V. Extreme human activity. 2013. No. 2 (27). Pp. 32-36.

PROFESSIONAL MEMBERSHIPS

From EUROPEAN COLLEGE OF SPORT SCIENCE
November 2012

FELLOWSHIP

August 2012 Russian Olympic committee fellowship. Investigation in altitude training.

AWARDS

2014 Medal from V. Putin for the significant contribution to the preparation and conduct of XXII Olympic
and XI Paralympic games 2014.

2017 Acknowledgements from Russian Olympic committee for the contribution to sport development.

SKILLS

- **Languages:** fluent conversational and written **English, Spanish, French**; native **Russian**;
- **Instructor of EMERGENCY FIRST RESPONSE** –teaching people how to provide first aid.

WEB

www.ilovesportscience.com - personal web site (currently in work but some info is available already).

ACHIEVEMENTS and INTERESTS

Freediving

Professional Freediving Instructor and International Judge (International association for development of apnea <https://aidainternational.org>). Co-founder of Aqualibrium Freediving School from 2009 (www.aqualibrium.ru). Training since 2005. Russian champion in freediving: gold and bronze medalist of 2011, silver and bronze 2012.

Author of book about freediving "Forgetting breath".

From 2017 Medical officer in Medical and science commission in International association for development of apnea (<https://aidainternational.org/BoardMembers>).