

## **CURRICULUM VITAE**

Zalavras Athanasios



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## 1. PERSONAL INFORMATION

Name and Surname: Athanasios Zalavras  
Birthplace - Birthdate: Trikala, 26/05/1968  
Address: Department of Physical Education and Sport Science,  
Karies, 42100, Trikala, Greece  
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## 2. EDUCATION-TRAINING

2008-today Phd Candidate in University of Thessaly, Department of Physical Education and Sports Science, Trikala, Greece.  
2007 MSc in Exercise Physiology, Department of Physical Education and Sports Sciences, Democritus University of Thrace. Thesis title: "The effects of two different methods of interval training on cardiorespiratory fitness (VO<sub>2</sub>max, vVO<sub>2</sub>, AT, Tlimit) and running economy (RE)".  
1990 BSc, Department of Physical Education and Sports Sciences, Aristotle University of Thessalonica.  
1979-1986 Primary and Secondary Education (Trikala).  
2002 Diplome of English Language «State Certificate of Foreign Language Proficiency».

## 3. WORK EXPERIENCE

1997-2007 Gymnastics teacher in High School.  
2008-2012 Transferred to the Department of Physical Education and Sports Sciences, University of Thessaly. Teaching the following courses: Handball, Laboratory of Assessment of Physical Conditioning and Pedagogy.  
1995-2011 Track and field coach (middle-long distance running).  
1997-2012 Scientific advisor of football fitness (A.E.L, A.E.K, Atromitos of Athens).

## 4. PUBLICATIONS

### Journal Publications in Greek language:

5.1 **Athanasios Zalavras**, Dimitrios Soulas, Vasileios Voutselas, Alexandros Kritikos, & Stelios Daskalakis. The Effects of two different methods of interval training on maximal oxygen uptake. *Inquiries in Sport & Physical Education* 5 (1): 134 – 142, 2007.

## 5. SHORT PAPERS IN PROCEEDINGS

### Short papers in proceedings in Greek language:

5.1 G. Grivas, **A. Zalavras**, E. Rafailakis, V. Paschalis V. Voutselas, Y. Koutedakis, A. Tziamourtas (2012). The effect of detraining on deconditioning of cardiovascular parameters in adolescent middle and long distance athletes. *Short paper of 180 International Conference of Physical Education and Sport*, 30-35.

## 6. ABSTRACTS IN PROCEEDINGS

### Abstracts in proceedings in English language:

- 6.a1 V.Voutselas, **A. Zalavras**, D. Soulas. The effects of different methods of interval training on cardiorespiratory fitness and running economy.10<sup>th</sup> Annual congress of European college of sport science. July 13-16, 2005, Belgrade, Serbia.
- 6.a2 **A. Zalavras**, AA. Theodorou, MG. Nikolaidis, V. Paschalis, D. Oikonomou, D. Soulas, IG. Fatouros Y. Koutedakis, AZ. Jamurtas. The effects of a training season on oxidative stress in young training track and field athletes 12th Annual congress of European college of sport science. July 6-9, 2011, Liverpool, United Kingdom.
- 6.a3 **Zalavras, A.**, Theodorou, A.A., Nikolaidis, M.G., Paschalis, V., Karatrantou, K., Oikonomou, D., Fatouros, I.G., Koutedakis, Y., Jamurtas, A.Z. (2012). *Comparison between young and adult track and field athletes on oxidative stress markers*. 17th ECSS Congress, Bruges.

### Abstracts in proceedings in Greek language:

- 6.b1 A. Pappas, **A. Zalavras**, D. Soulas, V. Theocharis. Injuries in track and field athletes in Trikala. 3rd Conference of Diet and Exercise 13-15 December 2002, Thessalonica.
- 6.b2 **A. Zalavras**, D. Soulas, V. Voutselas. The effect of two different methods of interval training on aerobic capacity. 13o International Conference of Physical Education and sport. Komotini 20-22 May 2005.
- 6.b3 F. Tsetas, **A. Zalavras**, V.Panagos, V. Voutselas. The effect of two different interval training protocols on anaerobic threshold. 16o International Conference of Physical Education and Sport. Komotini 16-18 May, 2008.
- 6.b4 G. Grivas, **A. Zalavras**, E. Rafailakis, V. Paschalis V. Voutselas, Y. Koutedakis, A. Tziamourtas. The effect of detraining on deconditioning of cardiovascular parameters in adolescent middle and long distance athletes.18o International Conference of Physical Education and Sport. Komotini 20-22 May, 2010.

### Research Interests

Oxidative stress and aerobic training in middle and long distance athletes. Fitness training in football players. Coaching in track and field.