

RUBEN CID LOSADA

Preparador Físico / Physical Trainer
FUTBOL / SOCCER



PERSONAL DETAILS

Nationality: Spanish

Age: 32 years old

Place and Date of Birth: Madrid, July 16th, 1992



UNIVERSITY EDUCATION AND TRAINING

“Master’s degree in physical Preparation and Sports Readaptation” UCAM (2018-2020).

“Degree in physical activity and sport sciences” UEM (2014-2018).

“Certificate in workload and injuries in team sports of Barça Innovation Hub” (2018-2020)

“Level I Anthropometrism” Certified by ISAK (2015).

“Level II Anthropometrism”. Certified by ISAK (2016).

“Catapult training for physical load control and management’ (2019).

“Specialization in nutrition and ergogenic aids for the soccer player (2020)”.

“Training in new training and assessment technologies” (2020)

“Training in first and second division clubs” (Villareal, Atlético de Madrid, Valencia, Levante, Getafe, Deportivo de la Coruña, Celta Vigo and Sevilla

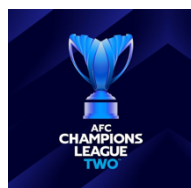
“Trainer UEFA A (2019)



Organization of courses, seminars, conferences, symposiums and congresses related to Sports Training, Coaching and Sports Psychology, Sports Nutrition, Exercise Physiology and Physical Preparation in Soccer held in different Spanish cities and taught by leading professionals in each of the different area

PROFESIONAL EXPERIENCE

- Head of the performance of **Al Quwa Al Ajwiya** (1 division), **Actually** Under the direction of Wesam Rizik. (Playing previous Europa League round)
- Head of the performance area of **CDE Ursaria** (2RFEF), **2021-2024** (Playing Copa del Rey)
- Physical coach of **FC Rostov** (1 division), **2020-2021**. Under the direction of Valery Karpin and Zaur Tadeev. (Playing previous Europa League round)
- Physical coach of **FC Rostov** (1 division), **2020-2021**. Under the direction of Valery Karpin and Zaur Tadeev. (Playing previous Europa League round)
- Head of performance and medical services of **FC Rostov academy**, **2020-2021**.
- Physical trainer **CDE Ursaria** (3 division) **2019-2020**.
- Assistant physical trainer of **Atlético de Madrid B** (2 division B) **2018-2019**. Under the direction of Oscar Fernandez.
- Assistant physical trainer of **Internacional de Madrid** (2 division B), **2017-2018**.
- Physical preparation coordinator at **Nuevo Boadilla** soccer school, **2015-2018**.



2024-2025.



2021-2024



2020-2021



2019-2020



2018-2019

LANGUAGES

Native Spanish

Galician advanced level

First Certificate in English” 2020- University of Cambridge. I.P.E.I. Institute of English

Russian Basic level

OTHER SKILLS

Manejo de softwares de evaluación morfofuncionales, planificación, entrenamiento deportivo y moniterio de cargas por GPS (Catapult, K Sport, WimU, Meadiacoach, Onto Jump, UEFA, My Jump y ChronoJump)