

Marco Porta

Sport science degree - Strength Coach - Athletic Trainer

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Goals

Help people, athletes and team to achieve their goals, with an eye to the right balance with strength - speed - and posture.

My story

After taking the sport science degree and after some year of practice in others facility I started to create my new facility Filosofit (born in 2010). In Filosofit we created a new system to train each person as a unique entity, with a personalized workout based on each single goal of our client. In 2013 I met Andrea Locatelli that in that season won the moto3 Italian world championship, and I continue to follow him now, in the World SuperSport championship after 3 years in moto3 World Championship and Moto2 World Championship.

I started to collaborate with some private ski team in 2014, and in 2016 I start to work as strength coach of Petra Vlhova (alpine skier) that in 2019 won the gold medal in Giant Slalom during the World Championship (also reached bronze medal in slalom and silver medal in alpine combined).

I was with in the winter olympics games in Pyongchang 2018.

I love to constant update my knowledge, in different fields, from evaluation to nutrition, and mixing different methodology of training.

Experience	
<p>U.s. Vighingolo Calcio (Settimo Milanese, Italy)</p> <p>U.S. Vighignolo Calcio is an amateur team that start to believe in this new concept of training. I work for team as a strength coach I applied new training ideas from the younger teams to the first team. Toghether we have reached different goals.</p>	<p>Since 2007 until Now</p>
<p>Filosofit (Vittuone, Italy)</p> <p>In filosofit I work with the role of technical manager planning and developing strength coaches and programs with athletes (www.filosofit.it)</p>	<p>Since 2010</p>
<p>Desmotec srl (Biella, Italy)</p> <p>Desmotec is a company leader in isoinertial technology. First I started with them as a client, then as an expert in isoinertial training for them. With them I travelled in different countries and several Performance facilities (Aspire Academy, Montreal Impact, Miami Fc, Miami Dolphins, Paris Saint Germain, Juventus FC, Atalanta FC, Benevento Calcio). I met several important coaches</p>	<p>Since 2012</p>
<p>Open Academy of Medicine (Marcon, VE, Italy)</p> <p>I contributed with them to collect some data and to study the relationship with the fasciae and the body bio-impedance. I presented the relationship in a public speaking the 17 May 2013.</p>	<p>2013/15</p>
<p>Andrea Locatelli - Moto 3 Italian Champion - Moto 2 Rider - World SSP 600 - SBK Yamaha official rider</p> <p>I started with Andrea in 2013 before he won the Italian Championship, for monitoring the body composition. From 2015 I started as the main coach of Andrea and managing his trainings. After 3 years in moto2, Andrea went in super sport 600 championship where he won dominating the championship. Now he signed with Yamaha superbike official team.</p>	<p>Since 2013</p>
<p>IST Team</p> <p>I worked in collaboration with Livio Magoni for the IST team as strength coach, managing workout and assessments.</p>	<p>2015/2016</p>

<p>Petra Vlhova</p> <p>As above, I'm the Head of performance of the private team of Petra Vlhova. Petra won the gold medal during world championship in Are (Sweden). In the season 2020 she won the small cup in slalom and in parallel. In the last season (2021) she won the overall cup.</p>	<p>Since 2016</p>
<p>Mike Boyle</p> <p>In April 2016, I went to Boston to do a week of mentorship with the famous strength coach Mike Boyle. Learning a different way to approach training.</p>	<p>April 2016</p>