**Curriculum Vitae** of coach Marko

Welcome.
My name is Marko. On this page I will present to you some basic information regarding me and my athletic, educational and employment career. I was born in the 1979, Belgrade, Serbia.

By profession I am a Master of Sport Science and Physical preparation. In addition to the titles I am Strength coach for sports and fitness.

During my career, I had the opportunity to train athletes who participated at the National, European and World Championships (swimmers, basketball, handball, athletics), and since 2007, along with top athletes I trained recreational athletes, who are mostly top managers.

**Sports career**

First contact with sport I made in 1991 when I started to practice in Waterpolo club Partizan Belgrade, team that was 6 times champion of Europe, (www.waterpolopartizan.rs). I practiced waterpolo for 6 years.

In 1992 I started practicing at the stadium of JNA, Belgrade, which belongs to "Partizan", which is one of the best organized sports organizations in Europe (http://en.wikipedia.org/wiki/JSD\_Partizan). There I started to train under the auspices of Mr. Slobodan Surbanovic (state champion and record holder in weightlifting), probably the best fitness trainer in the former Yugoslavia. I collaborated with him until 2005. While working with the great expert and man, I had the opportunity to learn and experience how modern fitness training and training that delivers results feel in my own skin. Also, I learned methods, "worth of gold", of fitness and conditioning practice with weight lifters, athletes, swimmers, basketball, handball, triathlon...

At 18 I started to practice parachuting, which I did for a year. For that year I had 21 jumps.

In 1998, a major milestone began in my life. That is when I first heard about the triathlon and I started to practice this Olympic sport for next 5 years, I trained and competed in triathlon at all distances under Prof. Dr. Milivoj Dopsaj guidance and supervision. (Mr. Milivoj Dopsaj is State champion and record holder in swimming, and now a Professor at the Faculty of Sport and Physical Education in the Analysis and Diagnostics in sports, University of Belgrade). During active triathlon training, I cooperate with Mr. Zoran Obradovic, a doctor of Sports science, the great humanist, athlete and coach who now **live** and works in USA.
Practicing triathlon, I've made a great training and educational experiences that shaped my profile as a coach. Till this day I still practice triathlon, not on semiprofessional level, but as an amateur.

In July 2004, my sports career was put to a hold, when I was hit by a truck from behind while I was riding the bike during an official training. Truck driver fall asleep behind a wheel. Thanks to God and strong muscle constitution and with proper dosage of exercise, six months after the crash my body was fully recovered and there were no consequences of the accident.

Since 2008 until today, I recreationally compete in triathlon, marathon, half marathon, and swimming. I continued recreational parachuting since 2009.

Between 2011 – 2020. I successfully completed 19 demanding long Triathlon races: Ironman France, Abu Dhabi International Triathlon (2013. Long course; 2014 and 2015. Medium course). As well as Ironman70.3 in the following countries: France (twice), Sri Lanka, Singapore, Japan, Austria, Thailand, Germany (twice), Italy (twice), Spain, UAE (4 times), Hungary and Oman. All races in seasons 2014 and 2015 were completed together with a great person, my wife and colleague – Jelena Ristic (for more information about coach Jelena, please visit [www.jelenacoach.com](http://www.jelenacoach.com)).

### Education

In 2000. I graduated at Sports Academy in Belgrade, majoring in Sports Strength and Fitness – under supervision of Prof. Dr. Milan Mihajlovic, with an average mark of 8.34 (**out of 10**). I was the first student who graduated in my generation.

2009. I graduated from the Faculty of Sport and Physical Education in Belgrade, majoring in Conditional training of athletes, with an average mark of 8.94 (**out of 10**).

From December 2014. I am already Master of Sport Science and Physical preparation. I took Master Degree on Faculty of Sport and Physical Education, University of Belgrade.

### Work experience

2001 – 2005. Swimming club, swimming coach in "Freestyle", Belgrade. Contact person: Mr. Neshman Milojevic, Professor of sport, the owner, and Mr. Radenko Miskovic (State champion in the 50m butterfly, sports coach who is now working in the USA, which unselfishly passed to me his vast knowledge).

2006 – 2007. Conditioning coach in basketball club "Partizan", Belgrade (www.kkpartizan.rs). Contact person Prof. Dr. Vladimir Koprivica, Strength coach of the senior team and Professor at the Faculty of Sport and Physical Education, on the Theory of sport, University of Belgrade.

2007 – 2010. Fitness Coach (Personal Coach) in "City Wellness", Belgrade (www.citywellness.rs).

In June 2020. I launched as Manager the most famous and elite Fitness Center in Doha.
*"The 27th Fitness Center"* – 5-star Fitness Center; The Tornado Tower, Doha, Qatar, setup the new globe standards in the field of physical preparation and fitness.
(more info regarding *"The 27th Fitness Center"* you can find out on www.markocoach.com)

I stayed in Qatar till September 2020. Then I decided to come back to Belgrade, with a plan and strategy to open elite Center for Fitness and Physical Preparation (CFP).

2005 and 2006. I served in the Army as a regular soldier (it was mandatory on that time) in the elite and prestigious 21st Battalion for Special Operations (21. Bataljon za Specijalna Dejstva) and later in 63rd Parachute Brigade (63. Padobranska Brigada).

Thanks to these activities and experts with whom I had the opportunity to work and to learn from, after graduation, after thousands of kilometers swam, tens of thousands of kilometers rune, after more than 85 000km crossed on a bicycle, and who knows how many tons of weight lifted in gym, I reached a certain level of knowledge and experience while working with the amateurs and athletes.

My knowledge in training, I will gladly share with you in order for best results to be achieved regardless of whether it is recreation or professional sport.

**Other interest**
Chess, motorcycling, skiing, kayaking, history, handcrafting...

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