

CURRICULUM VITAE
DR. ALEXANDER P. HARRISON
CSCS, USAT-1, IAAF-5, USATF-3, ITC, USAW-1

CONTACT INFORMATION

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EDUCATION

- | | |
|------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2017 | Doctorate of Philosophy, Sport Physiology and Performance, East Tennessee State University, Johnson City, Tennessee, Mentors – Dr. Michael Stone, Dr. Brad DeWeese |
| 2012 | Minor, Chemistry, Western Washington University, Bellingham, Washington |
| 2012 | Minor, Biology, Western Washington University, Bellingham, Washington |
| 2011 | Master of Science, Human Movement and Performance: Exercise Science, Western Washington University, Bellingham, Washington, Mentor – Dr. David N. Suprak |
| 2010 | Bachelor of Science, Kinesiology, Western Washington University, Bellingham, Washington |

CONTINUING EDUCATION

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|------|----------------------------------------------------------------------|
| 2025 | CS50 AI, Certificate, Harvard University |
| 2025 | CS50X, Certificate (pending final project), Harvard University |
| 2025 | CS50 Python, Certificate (pending final project), Harvard University |
| 2025 | CS50 SQL, Certificate (pending final project), Harvard University |
| 2025 | Flutter/Dart, Various Non-Certificate Courses |

PROFESSIONAL EXPERIENCE

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| 2025 – Present | Founder & Lead Developer, Saturday Inc, Dover, DE, USA |
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- 2025 Bobsled Push Coach & Aerodynamics/Mechanic Consultant (short-term contract), Australian National Bobsled Team, Calgary, AB, CAN
- 2021 – 2024 Founder, CEO → CXFO, Product Lead, & Content Lead, Saturday Inc, Dover, DE, USA
- 2015 – 2024 Sport Performance Consultant, Lead Endurance Sport Consultant, Renaissance Periodization LLC, New York, NY, USA
- 2015 – 2018 Owner, Excelerate Sport LLC, Snohomish, WA, USA
- 2013 – 2014 Instructor, East Tennessee State University, Department of Kinesiology, Leisure, and Sport Science, Johnson City, TN, USA
- 2012 – 2014 Assistant Track and Field Coach, East Tennessee State University, Throws, Jumps, Multi-events, Johnson City, TN, USA
- 2013 Instructor, King College, Department of Athletic Training, Bristol, TN, USA
- 2013 Online Course Design Assistant, Online Master of Arts Degree in Sport Performance and Physiology, East Tennessee State University, Johnson City, TN, USA
- 2012 – 2013 Manager, Center of Excellence in Sport Science and Coach Education Website and Media, East Tennessee State University, Johnson City, TN, USA
- 2011 – 2012 Lab Instructor, Western Washington University, Department of Physical Education, Health, and Recreation, Bellingham, WA, USA
- 2009 – 2012 Independent Track and Field Coach, Daphne Sluys, Bellingham, WA.
- 2010 – 2011 Graduate Assistant, Western Washington University, Department of Physical Education, Health, and Recreation, Bellingham, WA, USA
- 2008 – 2010 PE Activity Course Instructor, Western Washington University, Department of Physical Education, Health and Recreation, Bellingham, WA, USA
- 2008 – 2010 Personal Trainer, Western Washington University, Wade King Student Recreation Center, Bellingham, WA, USA
- 2008 – 2009 Fitness Instructor, Western Washington University, Wade King Student Recreation Center, Bellingham, WA, USA

2007 – 2009 Weight Room Supervisor, Western Washington University, Wade King
Student Recreation Center, Bellingham, WA, USA

TEACHING AND INSTRUCTIONAL ACTIVITIES

2013 Cardiovascular Exercise Testing (PEXS 4062); Primary Instructor;
Undergraduate. East Tennessee State University.

2013 Exercise Physiology (ATEP 3690); Primary Instructor; Undergraduate.
King College.

2013 Psychomotor Development in Children (PEXS 3032); Primary Instructor;
Undergraduate. East Tennessee State University.

2013 Sport Nutrition (PEXS 4657/5657); Guest Lecturer,
Undergraduate/Graduate. East Tennessee State University.

2010 – 2012 Functional Anatomy (KIN 312); Primary Lab Instructor; Undergraduate.
Western Washington University.

2010 – 2012 Principles of Strength Training and Conditioning (KIN 416); Instructional
Assistant; Undergraduate. Western Washington University.

2010 & 2012 Functional Anatomy (KIN 312); Guest Lecturer; Undergraduate. Western
Washington University.

2010 Measurement and Evaluation in Exercise Science (KIN 306); Guest
Lecturer; Undergraduate. Western Washington University.

2010 Functional Anatomy (KIN 312); Lab Instructor Assistant; Undergraduate.
Western Washington University.

2009 – 2010 Beginning Racquetball (PE 139); Primary Instructor; Undergraduate.
Western Washington University.

2009 – 2010 Beginning Badminton (PE 132); Primary Instructor; Undergraduate.
Western Washington University.

2009 – 2010 Beginning Pickleball (PE 134); Primary Instructor; Undergraduate.
Western Washington University.

2008 – 2009 Beginning Ultimate Frisbee (PE 149); Primary Instructor; Undergraduate.
Western Washington University.

AWARDS

- 2017 Olympic Year National Push Championships, 9th Place, USA Bobsled and Skeleton, Calgary, AB, CAN.
- 2015 Bobsled World Championships, 12th and 14th Place in 2- and 4-Man Bobsled, Winterberg, Germany
- 2014 North America Cup Bobsled, GOLD in 2-Man Bobsled, Park City, UT, USA.
- 2014 National Team Trials, 1st Place in 2- and 4-Man Bobsled, Park City, UT and Lake Placid, NY.
- 2014 National Push Championships, 2nd Place, USA Bobsled and Skeleton, Lake Placid, NY
- 2014 Rookie National Push Championships, 1st Place, USA Bobsled and Skeleton, Lake Placid, NY
- 2013 – Current Graduate Fellowship (\$18,000/year + 100% tuition), Sport Physiology and Performance, East Tennessee State University, Johnson City, TN.
- 2012 First Team, All-Academic All-American, NCAA Division II, Track and Field, College Sports Information Directors of America
- 2009 – 2012 Athletic Scholarship (\$2000-\$7000/year). Varsity Track and Field, Western Washington University, Bellingham, WA.
- 2010 & 2012 Scholar Athlete of the Year. Athletic Department, Western Washington University, Bellingham, WA.
- 2010 – 2011 Graduate Assistant (\$12,000/year + 75% tuition), Physical Education, Health and Recreation, Western Washington University, Bellingham, WA
- 2009 Chappelle Arnett Scholarship Award Recipient (\$800). Department of Physical Education Health and Recreation, Western Washington University, Bellingham, WA
- 2008 WWU Associated Students Scholar Award Recipient (\$500). Western Washington University, Bellingham, WA
- 2008 Jean Crowell Scholarship Award Recipient (\$2200). Department of Physical Education, Health and Recreation, Western Washington University, Bellingham, WA

CERTIFICATIONS HELD

2018 – Current	USA Triathlon Coaching Level 1
2015 – Current	USA Track and Field Coaching Level 2, Endurance
2014 – Current	USA Track and Field Coaching Level 2, Sprints, Hurdles, Relays
2013 – Current	USA Track and Field Coaching Level-1, Instructor Certified
2013 – Current	IAAF Track and Field Certified Level-5 Coach, Throws
2013 – Current	USA Track and Field Certified Level-3 Coach, Throws
2013 – Current	USA Track and Field Certified Level-2 Coach, Jumps
2012 – Current	USA Track and Field Certified Level-2 Coach, Multi-Events
2012 – Current	USA Track and Field Certified Level-1 Coach
2012 – Current	USA Weightlifting Certified Level-1 Coach
2010 – Current	Certified Strength and Conditioning Specialist (CSCS), National Strength and Conditioning Association (NSCA)
2008 – Current	USA Track and Field Certified Association Level Official
2007 – Current	First Aid, Adult CPR, AED, Red Cross
2007 – 2008	Lifeguarding, Red Cross

ATHLETIC EXPERIENCE

2018 – Current	Road & Track Cyclist, Category 3, USA Cycling
2014 – 2018	Olympic Hopeful, USA Bobsled and Skeleton, Lake Placid, NY.
2017	Team USA Bobsled Athlete, World Cup Race, Igls, Austria.
2017	USA Bobsled National Push Championships, 9 th Place Overall, Calgary, AB, Canada.
2016	Team USA Bobsled Athlete, Lake Placid World Cup Race, Lake Placid, NY.

- 2014 – 2015 Team USA Bobsled Athlete, World Championships Competitor, Lake Placid, NY.
- 2014 Bobsled, Push Championships Invitee, US Olympic Training Center, Lake Placid, NY
- 2007 – 2012 Track and Field, Scholarship Varsity Athlete for Western Washington University, National Qualifier, All-American.
100m – 11.54 110mH – 15.38 60mH – 8.58
Long Jump – 6.45m Discus Throw – 45.67
Shot Put – 15.20m Pole Vault – 4.45m
High Jump – 1.78m Javelin Throw – 65.42m
400m – 51.60 1500m – 4:57 Decathlon – 6772 points
- 2005 – 2006 Track and Field, Varsity, Edmonds-Woodway High School, Edmonds, WA
- 2005 Cross Country, Junior Varsity, Edmonds-Woodway High School, Edmonds, WA
- 2004 – 2006 Swimming, Varsity, Edmonds-Woodway High School, Edmonds, WA
- 2004 – 2006 Tennis, Varsity, Edmonds-Woodway High School, Edmonds, WA
- 1992 – 2004 Baseball, Position Player, Little League through Varsity, Edmonds-Woodway High School, Edmonds, WA

BOOKS

1. **Harrison, A.P.**, Davis, M., and Howe, M. (2018). *The RP Diet for Endurance*. eBook. Renaissance Periodization, LLC.

BOOK CHAPTERS

1. **Harrison, A.P.** (2019). *The RP Diet 2.0*. Chapter: Endurance Sports Nutrition. Renaissance Periodization LLC.

PEER REVIEWED JOURNAL PUBLICATIONS

1. Bazyler, C.D., Mizuguchi, S., **Harrison, A.P.**, Sato, K., Kavanaugh, A.A., DeWeese, B.H., and Stone, M.H. (2016) Changes in muscle architecture, explosive ability, and track and field throwing performance throughout a competitive season and following taper. *Journal of Strength and Conditioning Research, EPAP*. doi: 10.1519/JSC.0000000000001619
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PEER REVIEWED JOURNAL PUBLICATIONS (*In Review*)

1. **Harrison, A.P.**, Brilla, L.R., Chalmers, G.R., and Suprak, D.N. (2013). Predictors of postactivation potentiation in NCAA division II track and field power athletes. *Journal of Strength and Conditioning Research*. In Review.

PODIUM PRESENTATIONS

2. **Harrison, A.P.**, Brilla, L.R., Chalmers, G.R., and Suprak, D.N. (2011). Postactivation potentiation: predictors in NCAA division II track and field power athletes. Accepted for podium presentation at the Northwest Biomechanics Symposium, Vancouver, BC, Canada. June 4, 2011.

INVITED PRESENTATIONS

1. **Harrison, A.P., Howe, M.I.**, (July 2026). Hydration & CHO for Triathlon & Extreme Endurance. Podium Presentation, NSCA National Conference, July 9, 2026.
2. **Harrison, A.P.** (2020). On-The-Fly Nutrition Decision Making in Endurance Sports. Continuing Education Presentation for USA Triathlon, Online. Posted 2020.
3. **Harrison, A.P.** (2013). Sport Nutrition for Coaches and Athletes. Podium Presentation at the Center of Excellence for Sport Science and Coaches Education Coaches Clinic, East Tennessee State University, Johnson City, TN. June 25, 2013.
4. **Harrison, A.P.** (2013). Sport Nutrition for Coaches and Athletes. Podium Presentation at the Snohomish Sports Institute, Snohomish, WA. January, 8, 2013.

POSTER PRESENTATIONS

1. Sands, W.A., Stone, M.H., McNeal, J.R., Haff, G.G., **Harrison, A.P.**, & Suchomel, T.J. (2012). Athlete recovery via peristaltic pulse compression. Accepted for poster presentation at the Center of Excellence for Sport Science and Coach Education Coaches and Sport Science College, East Tennessee State University, Johnson City, TN. December 14-15, 2012.

OTHER PUBLICATIONS

1. **Harrison, A.P.** (September, 2018). Go faster before you go longer. TrainingPeaks, Training Articles. <https://www.trainingpeaks.com/blog/go-faster-before-you-go-longer/>
2. **Harrison, A.P.** (July, 2015). All you need to know about acceleration: Zero to sixty with Alex Harrison. Volt Athletics Sport Performance Blog. <https://blog.voltathletics.com/home/2015/7/29/improving-acceleration>
3. **Harrison, A.P.** (November, 2011). Postactivation potentiation (PAP). NSCA Hot Topic Series.

PROFESSIONAL SERVICE

- 2014 Student Host, International Society of Biomechanics in Sport Conference, East Tennessee State University, Johnson City, TN
- 2013 Clock Manager, Collegiate National Weightlifting Championships, World Team Trials, East Tennessee State University, Johnson City, TN
- 2012 Student Moderator, Coaches and Sport Science College, East Tennessee State University, Johnson City, TN.
- 2011 Student Moderator, Northwest Biomechanics Symposium, Vancouver, BC, Canada.

CONFERENCES ATTENDED

- 2014 International Society of Biomechanics in Sports Conference, East Tennessee State University, Johnson City, TN.
- 2012 + 2013 Coaches and Sport Science College, East Tennessee State University, Johnson City, TN.
- 2011 Northwest Biomechanics Symposium, Vancouver, BC, Canada.

PROFESSIONAL AFFILIATIONS

- 2018 – Current USA Cycling
- 2017 – Current USA Triathlon
- 2012 – Current USA Track and Field
- 2012 – Current USA Weightlifting
- 2010 – Current National Strength and Conditioning Association

VOLUNTEER SERVICE

- 2023 – Current Guardianship of Minor Child
- 2015 – 2018 Owner, Excelerate Sport LLC, Need-Based Scholarship Program, Snohomish, WA

2013 – 2015 Founder, South Roan Clean-Up Crew, Johnson City, TN

2013 & 2014 Group Leader of Youth Sporting Events, Olympic Day, Johnson City, TN

LABORATORY SKILLS

- Kinetic Analysis, AMTI Force Platforms & Custom Force Platforms
- Kinematic Analysis, Qualysis, Visual 3D, High Speed Video
- Surface Electromyography (EMG)
- Biodex System Dynamometry
- EMG and Dynamometer Signal Processing
- Isometric and Dynamic Constant External Resistance testing
- Flexibility testing
- Body Composition testing, hydrostatic weighing, BodPod, skinfolds, BIA
- Graded Exercise testing, maximal and submaximal
- Cycle Ergometer testing, maximal and submaximal
- Treadmill testing, maximal and submaximal
- Hydration testing, Urine Specific Gravity

TECHNICAL SKILLS

Languages & Frameworks

- C, *beginner*
- Python, *familiar*
- HTML/CSS/JS/Bootstrap, etc., *familiar*
- Git/GitHub, *proficient*
- SQL, *familiar*
- Dart & Flutter, *proficient*

Trade Skills

- Custom Residential Plumbing, *proficient*
- Electrical Repair & Maintenance, *familiar*
- Light Contracting, *familiar*
- Carpentry, *familiar*
- Automotive Repair & Maintenance, *familiar*
- Computer Hardware Assembly, *familiar*
- Bicycle World Class Race Prep, Repair, Maintenance, & Light Fabrication, *proficient*
- Bobsled World Class Race Prep, Repair, Maintenance, & Light Fabrication, *proficient*

COMPUTER APPLICATION SKILLS

- Linux (Mint 22)
- MacOS 17, 18, 26
- Google Workspace Suite 2019 - present
- Microsoft (MS) Windows 98, 2000, XP, Seven, 8, 8.1, 10, 11
- MS Word 97, 2000, 2003, 2007, 2010, 2013, 2016-current

- MS Excel 97, 2000, 2003, 2007, 2010, 2013, 2016-current
- MS PowerPoint 97, 2000, 2003, 2007, 2010, 2013, 2016-current
- TextExpander, Prezi, Windows PowerToys, Franz, Adobe Acrobat
- PASW 17-21
- EndNote X4, X5, X7, X8
- MatLab 7.8, 7.10
- LabView 9.0, 10.0

ACADEMIC REFERENCES

- Meg Stone, MA; Program Director, Center of Excellence for Sport Science and Coach Education, East Tennessee State University. Email: stoneme@mail.etsu.edu
- Michael H. Stone, PhD; Professor, East Tennessee State University, Email: stonem@etsu.edu
- William A. Sands, PhD; Professor, East Tennessee State University, Email: sandsw@mail.etsu.edu
- David N. Suprak, PhD; Thesis Chair, Assistant Professor, Western Washington University. Email: Dave.Suprak@wwu.edu
- Gordon R. Chalmers, PhD; Thesis Committee Member, Professor, Western Washington University. Email: Gordon.Chalmers@wwu.edu
- Lorraine R. Brilla, PhD; Thesis Committee Member, Professor, Western Washington University. Email: Lorrie.Brilla@wwu.edu

PROFESSIONAL REFERENCES

- Nick Shaw, CEO, Renaissance Periodization LLC, New York, NY. Email: nick@renaissanceperiodization.com
- Mike Israetel, Chief Scientist & Co-Founder, Renaissance Periodization LLC, New York, NY. Email: misraetel@gmail.com
- Doug Park, Coaching Manager, Renaissance Periodization LLC, New York, NY. Email: doug@renaissanceperiodization.com
- George Watts, Director of Track and Field, East Tennessee State University, Johnson City, TN. Email: wattsgf@mail.etsu.edu
- David F. Johnston, Assistant Track and Field Coach, East Tennessee State University, Johnson City, TN. Email: davidjohnston@yahoo.com
- Brandon Morton, Assistant Track and Field Coach, East Tennessee State University, Johnson City, TN. Email: mortonb@mail.etsu.edu
- Lori Castillo, Client, Renaissance Periodization LLC, New York, NY. Email: lori@sbcglobal.net
- Daphne Sluys, MS, Master's Decathlon National Record Holder, Master's Indoor World Pentathlon and Pole Vault Champion, Bellingham, WA. Email: dsluys@whatcom.ctc.edu
- Paul Nicoletti, Owner, Snohomish Sports Institute, Snohomish, WA. Email: paulnicoletti81@gmail.com
- Officer Lucas Dees, Employee, Excelerate Sport LLC, Snohomish, WA. Email: lucasdees@gmail.com