

LUKAS WEBER

Münchner Straße 123, Munich • +49 176 12345678 • l.weber.contact@gmail.com
[linkedin.com/in/lukas-weber](https://www.linkedin.com/in/lukas-weber) • [instagram.com/lukas.weber](https://www.instagram.com/lukas.weber)

EDUCATION

B.A. - Sports Science @ University of Munich Oct 2021 - Present

- **Relevant Courses:** Exercise Physiology - Sports Psychology - Biomechanics - Nutrition and Performance - Training Methodology - Sports Management and Marketing - Injury Prevention and Rehabilitation.
- **Graduation Year:** March 2026

ATHLETIC EXPERIENCE & TRAINING

Elite Training Program @ Bavarian State Sports Association Oct 2025 - Present

- Focused on advanced performance optimization and technique refinement for national-level competition.
- Key responsibilities include executing a personalized training regimen, maintaining rigorous recovery protocols, and participating in biomechanical analysis sessions.

Competitive Athlete @ Munich City Sports Club Jul 2025 - Oct 2025

- Consistently placed in the top three at regional competitions.
- Adhered to a structured 6-day weekly training schedule, balancing strength, conditioning, and skill-specific drills.

Team Captain & Mentor @ University of Munich Athletics Dept. Oct 2024 - Jun 2025

- Led and motivated a team of 15+ student-athletes, fostering a positive and driven team culture.
- Organized and facilitated team training sessions and strategy meetings, improving overall team cohesion and performance.

Athletic Intern @ Peak Performance Center Mai 2024 - Jun 2025

- Assisted coaches in developing and tracking individual athlete performance metrics (e.g., speed, agility, strength).
- Managed social media content and community engagement campaigns to promote the center's programs.

KEY ACHIEVEMENTS & COMPETITIONS

National Championships @ German Athletics Federation Oct 2024 - Feb 2025

- Secured 2nd place in the 400m hurdles, achieving a new personal best time.
- The performance was documented and analyzed in a technical report for future training reference.

International Training Camp @ European Sports Institute Jun 2025 - Present

- Participated in an intensive training camp focused on elite competition preparation.
- Monitored and logged performance data to track progress against international benchmarks.

Sports Science Project @ University of Munich Oct 2024 - Feb 2025

- Designed and implemented a nutrition plan to optimize energy levels and recovery.
- Presented the methodology and successful results in a formal report and presentation.

Personal Brand & Media

- Self-directed the creation of a personal athletic brand and social media presence, showcasing training routines and competition highlights to an engaged audience.

SKILLS & INTERESTS

- **Athletic Disciplines:** Sprinting, Hurdles, Strength & Conditioning, Endurance Training
- **Performance Analysis:** Video Analysis Software, Performance Metrics Tracking, Biomechanical Principles
- **Health & Recovery:** Nutritional Planning, Injury Prevention Strategies, Myofascial Release, Sports Massage
- **Other:** Sports Management, Public Speaking, Event Organization, Team Leadership

Leadership & Community Engagement

Youth Sports Advocate @ "Sport für Alle" e.V. Apr 2025 - Present

- Volunteer Coach: Lead weekly training sessions for underprivileged youth, promoting sports as a tool for personal development and healthy living.
- Bridge young athletes with professional mentors and role models in the sports industry.

Community Service Project - "Run for Hope"

- Organized and participated in a charity run across 10 cities in Bavaria, raising significant funds for local children's hospitals through event participation and corporate sponsorships.

LANGUAGES

German (Native) English (Fluent) French (Conversational)