

Adam Mills, MSED, RCEP
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EDUCATION

M.S.Ed. University of Kansas, 2005
Clinical Exercise Physiology
B.S.Ed University of Kansas, 2003
Exercise Science

EMPLOYMENT

2025- Present Instructor of record. Exercise and Nutritional Sciences
San Diego State University
2008- Present CEO and Coach, Source Endurance
2017-2018 Performance Director, Elevate-KHS Pro Cycling Team
2015-2016 Director Sportif, Elevate Pro Cycling Team
2012-2014 Team manager, Elevate Cycling Team
2009-2011 Team manager, Mercy Elite Cycling Team
2005-2008 Exercise Physiologist, Cardiac Rehabilitation, Lawrence Memorial
Hospital
2003-2005 Carmichael Training Systems, Pro Coach

INSTRUCTION EXPERIENCE

Spring, 2025. Lecturer, San Diego State University
Fall, 2024. Instructor, USA Cycling Level 1 and 2 Coach Advancement Clinic.
Spring, 2024. Instructor, USA Cycling Level 1 Coaching Clinic.
Fall, 2023. Instructor, USA Cycling Level 2 Coaching Clinic.
2000-2005 Tutor, University of Kansas Athletic Department.

ACCREDITATION

USA Cycling Level 1 Coach
USA Cycling Coach Developer
USA Cycling Coach Mentor
Safe Sport Certified
Training Peaks Level 2 Coach

PUBLICATIONS AND PRESENTATIONS

Source Endurance [Blog Author](#)

Guest Author:

Training Peaks:

[Updated: Return to Play Protocols for Post-COVID-19 Infection](#)
[Returning to Training and Racing after Contracting Covid-19](#)

Velonews: [Eric Marcotte: The power of the U.S. pro criterium champion](#)

Cycling News: Analyzing Cory Williams' winning sprint at the Crystal Cup
Pure Gravel:

The Best Headphones for Cycling: Aftershokz Aeropex
What I Choose for Gravel Riding and Why
Reliving the Journey to Belgian Waffle Ride Cedar City

Road Bike Action:

Training for the New Season Part 1, Training for the New Season Part 2
Elevate Cycling Team becomes UCI Continental team

SoCal Cycling: Choosing a Tire for your Next Gravel Adventure

CrossSports.net

Cycling Illustrated

Contributing Author: The Wall Street Journal

Webinars:

Training and Racing in the Summer Heat
Grounded NE: Roundtable Gravel Training and Racing Tips
Veloworthy: Basic to Better Episode 3
Belgian Waffle Ride: The Pre-Ride Show
Summer Webinar Series: Athletic Performance Optimization in Hot Environments
2021 Heading into the Unknown. Roundtable Webinar with Dave Towle
Pandemic Periodization: Rescheduling 2020
Immune Function and Training
AMP HP, PR Lotion Coach Talk with Source Endurance,
Saving your Season
Transitioning from Summer to CX
Racing and Training in the Heat

Podcasts:

Maximum Enthusiasm
Evoq.Bike Podcast: Adam Mills! Cycling: HR vs Power, Endurance & VO2Max,
Lactate Threshold, Intervals & More
Criterium Nation: The Rules Committee
Elite Form Podcast
Criterium Nation: The Tulsa Tough Supersode
Pure Gravel, Pre-Ride Show: BWR Kansas
Criterium Nation: What We Should Have Learned in 2021
Criterium Nation: Simply Unbeatable
The Training Edge: Coaching Round Table Part 2
The Training Edge: Coaching Round Table Part 1
No Training Wheels: Gravel, An Intro for Road Racers
Belgian Waffle Show: Source Endurance Coaches
No Training Wheels: Episode 5
OEM Sessions
Belgian Waffle Show: Tequila 3
SoCal Cyclist: Coaching, Racing, Learning, Growing.
Over the Top Cycling: U23 National Road Championships with Alex Hoehn
SoCal Cyclist: Inside the Belgian Waffle Ride.

Over the Top Cycling: Preparation for Dirty Kanza with Neil Shirley and Adam Mills.

Veloworthy: U23 National Road Championship with Alex Hoehn and Adam Mills.

SoCal Cyclist Podcast: Alex Hoehn U23 National RR Champion .