

TRIATHLON - ADVANCED LONG DISTANCE

4swim+4bike+5run

	am	pm	evening
DAY #1	ARRIVAL : welcome & gear set-up	RUNNING - 60' slow pace with variations	TECHNICAL INTRO : how we'll train (by C.Bertucelli)
DAY #2	SWIMMING - Enhancement (PT) alternating with Resistance Aerobics (A2) (3000mt)	CYCLING - 60-70km Long ride without specific exercises , gently hilly path	SEMINAR : training methodology (by C.Bertucelli)
DAY #3	SWIMMING - Intermittent (Int) to swing symmetric (A2 + B1) with rest between sets (3300mt)	RUNNING - - Easy Progressive (+2) in series with increase 10" - total 10km	EXCURSION & DINNER - Siena
DAY #4	SWIMMING - Endurance (A2) fractional short - series block (2450mt)	SEMINAR : mental coaching (by Bertucelli)	
		CYCLING - long (range 80-90 km) with variations mixed : FM extensive + intensive	free
DAY #5	CYCLING Mixed progressive pace blocks (FL, FME and IMF) - code 2.1 - mode 10'+ 5' + 5' (tot100')	RUNNING - Hilly sweet 8-10 km	EXCURSION & DINNER - Florence
DAY #6	SWIMMING - Technical block (T1) alternating with Resistance Aerobics (A2) (3000mt)	RUNNING - 45' - Progressive two fractions (SlowMedium 2 \ 3 + 1 \ 3)	free
DAY #7	CYCLING - Very long endurance activity - is intensive - code climbs 3.1 (three climbs 20'+15'+20')	free	Excursion & dinner - San Gimignano (jamboree !!!)
DAY #8	RUNNING - 60' slow pace with variations	DEPARTURE	