

TRIATHLON - EASY

3swim+3bike+4run

| | am | pm | evening |
|--------|--|--|---|
| DAY #1 | ARRIVAL : welcome & gear set-up | RUNNING slow pace 60' with variations | TECH INTRO : how we'll train (by C.Bertucelli) |
| DAY #2 | CYCLING long ride without specific excercises (60-70km) | EXCURSION to SPA - Rapolano Terme - relax | SEMINAR : training methodology (by C.Bertucelli) |
| DAY #3 | SWIMMING - Intermittent (Int) to swing symmetric (A2 + B1) with rest between sets (2400mt) | SEMINAR : mental coaching (by Bertucelli) | EXCURSION & DINNER - Siena |
| DAY #4 | SWIMMING - Endurance (A2) fractional short - series block (2000mt) | RUNNING - Hilly sweet 8-10 km | free |
| DAY #5 | CYCLING - long (range 80-90 km) with variations mixed : FM extensive + intensive | free | EXCURSION & DINNER - Florence |
| DAY #6 | SWIMMING - Technical block (T1) alternating with Resistance Aerobics (A2) (1600mt) | RUNNING - 45' - Progressive two fractions (SlowMedium 2 \ 3 + 1 \ 3) | free |
| DAY #7 | CYCLING - Very long endurance activity - is intensive - code climbs 3.1 (two climbs 20'+15') | free | EXCURSION & DINNER - San Gimignano (jamboree !!!) |
| DAY #8 | RUNNING slow pace 60' with variations | DEPARTURE | |