

TRIATHLON -INTERMEDIATE

4 swim+3bike+5run

	am	pm	evening
DAY #1	ARRIVAL : welcome & gear set-up	RUNNING slow pace 60' with variations	TECHNICAL 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 (3300mt)	RUNNING : Technical exercises medium impact + stretch series ease\technical on 200mt SEMINAR : mental coaching (by Bertucelli)	EXCURSION & DINNER - Siena
DAY #4	SWIMMING - Endurance (A2) fractional short - series block (2450mt)	CYCLING - long (range 80-90 km) with variations mixed : FM extensive + intensive	free
DAY #5	SWIMMING : Strengthening block (PT) alternating with Resistance Aerobics (A2)	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 slow pace 60' with variations	DEPARTURE	

