

CICLIZZAZIONE SPECIALE

1° PERIODO **Quota** 3/4 settimane

(sviluppo del volume – moderata intensità)

• 2° PERIODO **L.d.M.** 3 settimane

(aumento intensità – diminuzione volume – 1/2 gare)

• 3° PERIODO **Quota** 3/4 settimane

(aumento sensibile volume ed intensità)

• 4° PERIODO **L.d.M.** 2/3 settimane

(rifinitura – controllo ritmo maratona – test – 1 gara event.)

CICLIZZAZIONE SPECIALE

- | | | | |
|------------|------------|------------------|-------|
| • 1° TAPPA | Livigno | 1-16 giugno | 15 gg |
| • 2° TAPPA | Rubiera | 17-26 giugno | 9 gg |
| • 3° TAPPA | Predazzo | 27 giu – 10 lugl | 14 gg |
| • 4° TAPPA | Rubiera | 11-18 luglio | 7 gg |
| • 5° TAPPA | St. Moritz | 19 lugl – 10 ago | 22 gg |
| • 6° TAPPA | Rubiera | 11-23 agosto | 12 gg |
| • 7° TAPPA | Atene | 24-30 agosto | 6 gg |

MICROCICLO

Livigno dal 31 maggio al 6 giugno 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>Roma : visita PO</u>		
• <u>M -</u>	<u>40'</u>	<u>1h facile</u>	<u>16</u>
• <u>M -</u>	<u>1h + stretc.</u>	<u>1h (viaggio Liv.)</u>	<u>25</u>
• <u>G -</u>	<u>40' + 15x100 salita</u>	<u>1h + 10 all.</u>	<u>32</u>
• <u>V -</u>	<u>20'+15km. M.V. (3'16")</u>	<u>55' + stretc.</u>	<u>26</u>
• <u>S -</u>	<u>1h15' + 10 all.</u>	<u>40' + stretc.</u>	<u>34</u>
• <u>D -</u>	<u>2h(ult30' da 3'40 a 3'20</u>	<u>1h + Pot.tronco</u>	<u>35</u>
		<u>Km. sett.</u>	<u>31</u>
			<u>200</u>

MICROCICLO

Livigno dal 7 al 13 giugno

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>1h + 10 all.</u>	<u>1h + Pot.tronco</u>	<u>31</u>
• <u>M -</u>	<u>40' + 20x100 salita</u>	<u>50' + stretc.</u>	<u>26</u>
• <u>M -</u>	<u>6x2+1 (r.1 3'20) m.3'12</u>	<u>40'</u>	<u>34</u>
• <u>G -</u>	<u>1h</u>	<u>1h + 10 all.</u>	<u>31</u>
• <u>V -</u>	<u>55' + az.techn.+6all.</u>	<u>1h + stretc.</u>	<u>30</u>
• <u>S -</u>	<u>1h30' (1h+10km a 3'8)</u>	<u>40'</u>	<u>37</u>
• <u>D -</u>	<u>1h30' collinare</u>	Km. sett.	
			<u>23</u>
			212

MICROCICLO

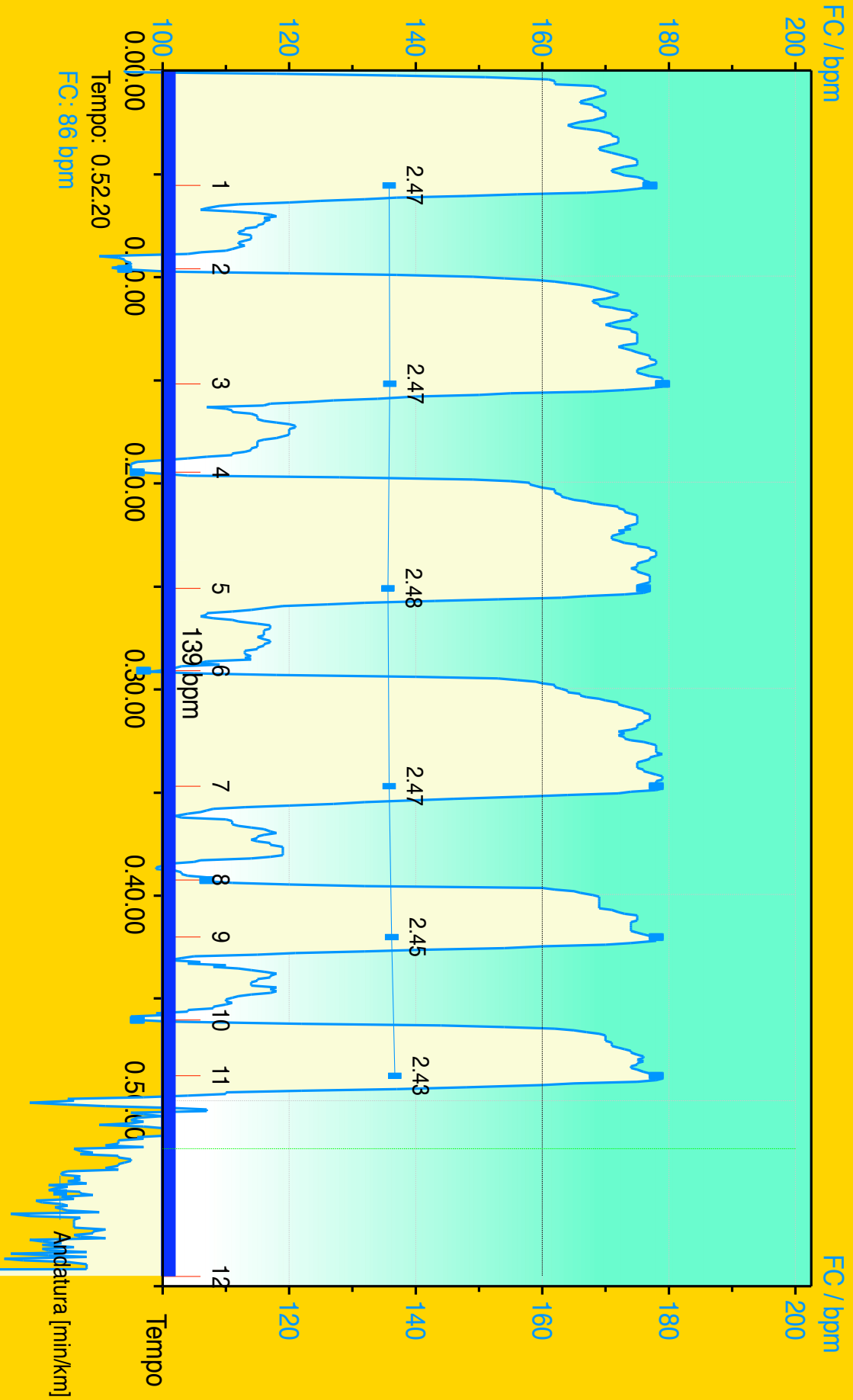
Livigno/Rubiera dal 14 al 20 giugno

	<u>MATTINO</u>	<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>40' + salite (5x200+5x150)</u>	<u>1h</u>	<u>29</u>
• <u>M -</u>	<u>10x1000 r.2' 2'50"</u>	<u>50'</u>	<u>27</u>
• <u>M -</u>	<u>1h + viaggio x Modena</u>	<u>55 + 10 all.</u>	<u>30</u>
• <u>G -</u>	<u>1h</u>	<u>1h + 10 all.</u>	<u>31</u>
• <u>V -</u>	<u>40' + 5 all.</u>	<u>5x2+1 (6'15+2'50)</u>	<u>31</u>
• <u>S -</u>	<u>55'</u>	<u>1h + 10 all.</u>	<u>30</u>
• <u>D -</u>	<u>1h30' facile progress.</u>		<u>24</u>
		Km. sett.	202

MICROCICLO

Rubiera dal 21 al 27 giugno 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>40' + 5 all.</u>	<u>4x2000+2x1000 var.</u>	<u>27</u>
• <u>M -</u>	<u>1h</u>	<u>50'</u>	<u>28</u>
• <u>M -</u>	<u>1h15' + 10 all.</u>	<u>40'</u>	<u>30</u>
• <u>G -</u>	<u>40'+salite:10x100+1x200</u>	<u>55'</u>	<u>25</u>
• <u>V -</u>	<u>6x2k.L+1k.F(6'15/2'50) m.3'03"</u>	<u>40' + stretc.</u>	<u>34</u>
• <u>S -</u>	<u>1h15'</u>	<u>1h</u>	<u>19</u>
• <u>D -</u>	<u>1h</u>	Km. sett.	<u>30</u>
			193



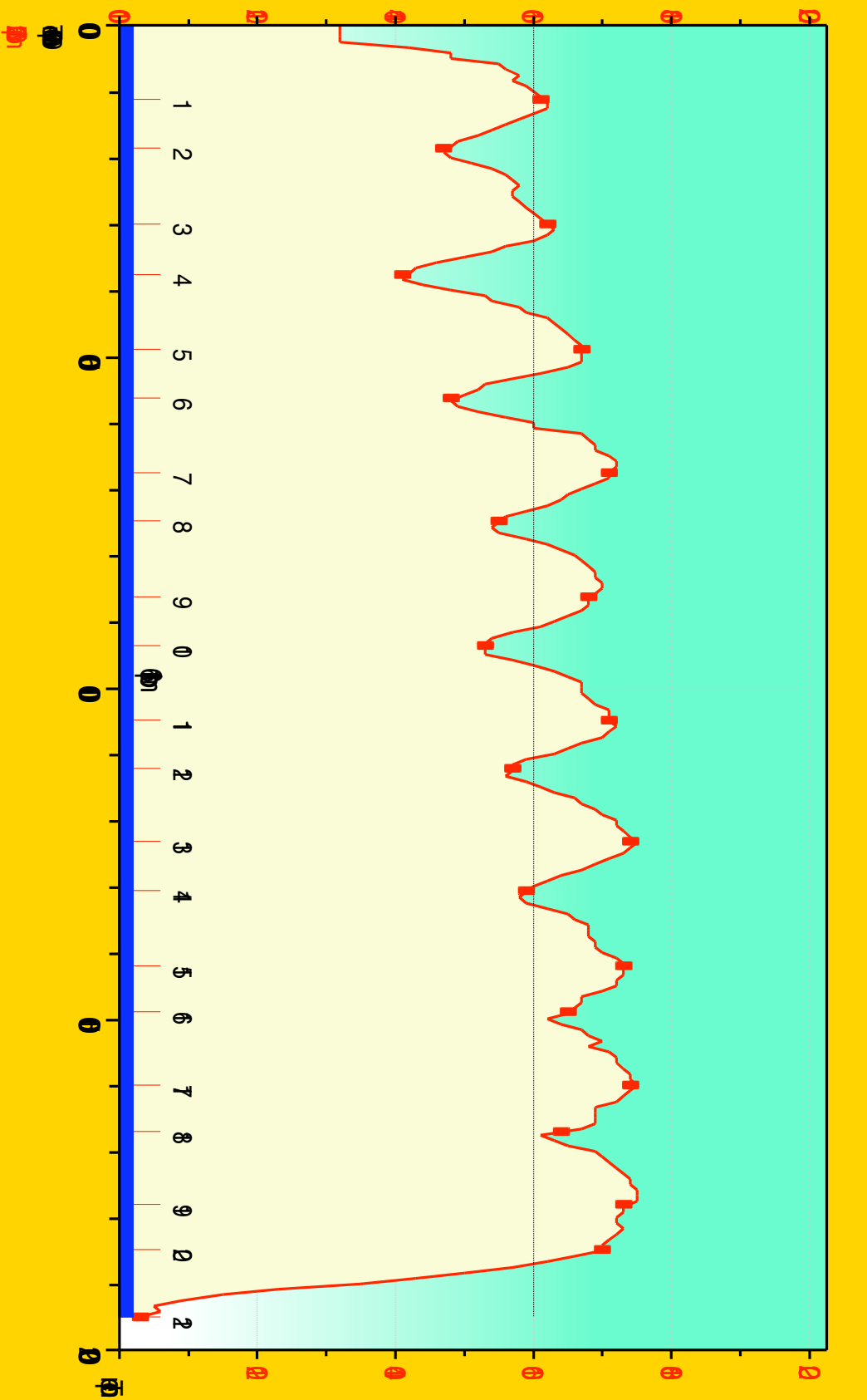
Utente	Stefano Baldini		Data	21/06/2004	FC media	139 bpm	Zona 1	80 - 160
Esercizio	Modena 4x2000-2x1000		Ora	17.53.45	FC max	179 bpm	Zona 2	80 - 160
Sport	Corsa		Durata	0.58.31.2			ona 3	80 - 160
Nota	2x2000 (300F.100L) + 2x2000 (400/300/200/100) + 2x1000 (200L.200F) + 2x1000 (200L.200F)		lezione			0.00.00 - 0.58.30 (0.58.30.00)		

<u>Frazione</u>	<u>Tempo</u>	<u>Tempo di frazione</u>
2000	0,05,35,4	0,05,35,4
rec	0,09,39,0	0,04,03,6
2000	0,15,12,9	0,05,33,9
rec	0,19,30,9	0,04,18,0
2000	0,25,08,2	0,05,37,3
rec	0,29,08,9	0,04,00,7
2000	0,34,44,3	0,05,35,4
rec	0,39,18,6	0,04,34,3
1000	0,42,04,4	0,02,45,8
rec	0,46,04,9	0,04,00,5
1000	0,48,48,3	0,02,43,4

MICROCICLO

Predazzo dal 28 giugno al 4 luglio 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>40' + salite: 12x100 + 1x200</u>	<u>1h + stretc.</u>	<u>27</u>
• <u>M -</u>	<u>2h(1h15' + 5x6'/3')</u>	<u>30'</u>	<u>41</u>
• <u>M -</u>	<u>1h</u>	<u>1h + 6 all.</u>	<u>30</u>
• <u>G -</u>	<u>1h + 10 all.</u>	<u>1h + stretc.</u>	<u>31</u>
• <u>V -</u>	<u>20' + 15km salita</u>	<u>20' + 10x400r. 200</u>	<u>33</u>
• <u>S -</u>	<u>1h + 10 all.</u>	<u>50'</u>	<u>29</u>
• <u>D -</u>	<u>2h</u>	Km. sett.	
			<u>32</u>
			223

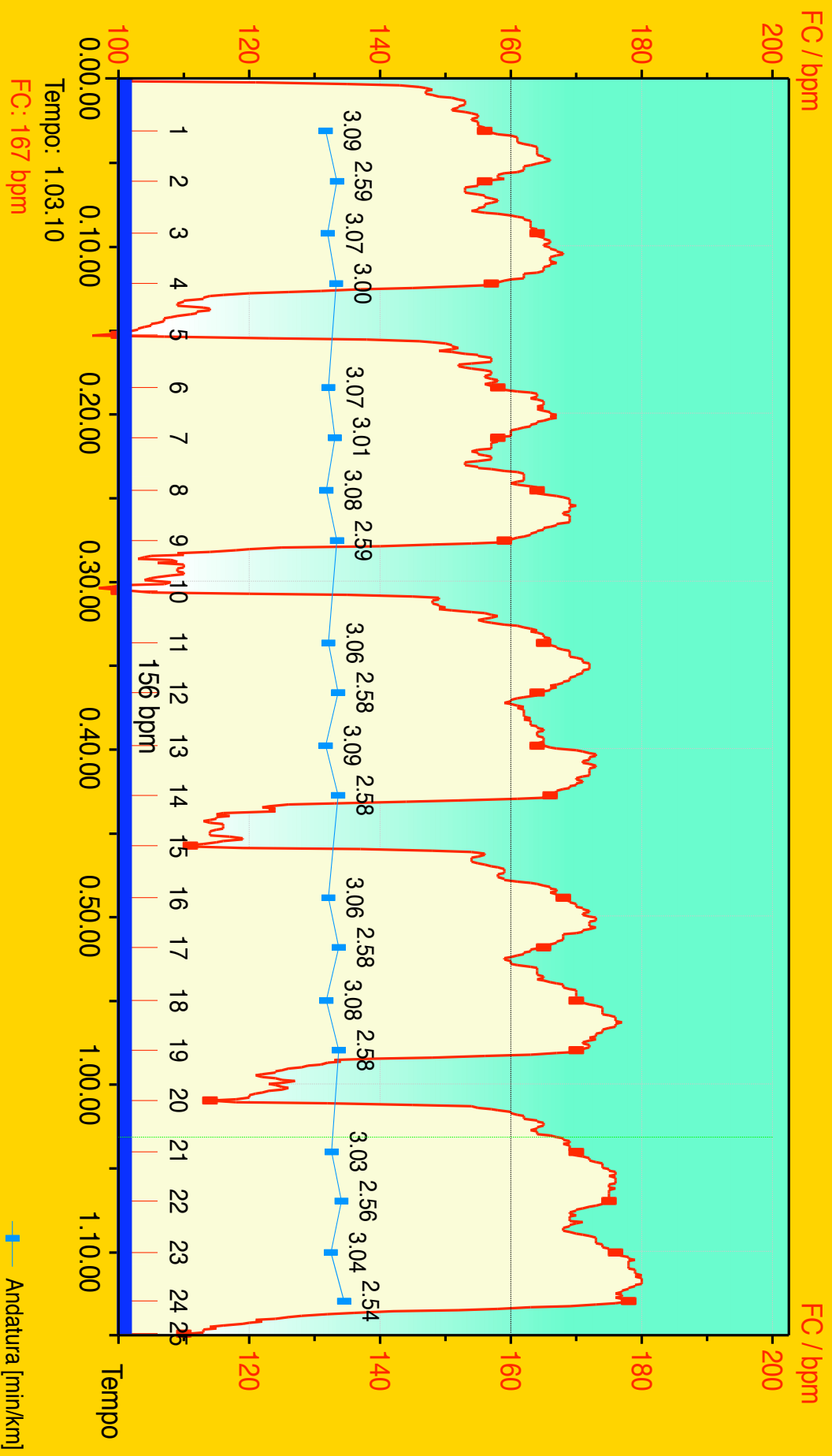


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MICROCICLO

Predazzo dal 5 al 11 luglio 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>1h + stretc.</u>	<u>50' + 10 all.</u>	<u>28</u>
• <u>M -</u>	<u>40'+salite:5x100+5x150+5x100</u>	<u>55' + stretc.</u>	<u>27</u>
• <u>M -</u>	<u>20'+ 5x4km r.3' (1+1)</u>	<u>45'</u>	<u>37</u>
• <u>G -</u>	<u>1h + 10 all.</u>	<u>1h + stretc.</u>	<u>31</u>
• <u>V -</u>	<u>1h15'+az.tecn+10x100</u>	<u>50' + stretc.</u>	<u>33</u>
• <u>S -</u>	<u>2h (1h15'+4f+1L+3F+1L+2F)</u>	<u>40'</u>	<u>43</u>
• <u>D -</u>	<u>1h40' facili</u>	Km. sett.	
			<u>25</u>
			224



Utente	Stefano Baldini	Data	07/07/2004	FC media	156 bpm	Zona 1	80 - 160
Esercizio		Ora	10.14.22	FC max	180 bpm	Zona 2	80 - 160
Sport	Corsa	Durata	1.14.55.0				
Nota	Predazzo - 5x4km.(1km/1km) rec.3'			Selezione	0.00.00 - 1.14.55 (1.14.55.0)		

MICROCICLO

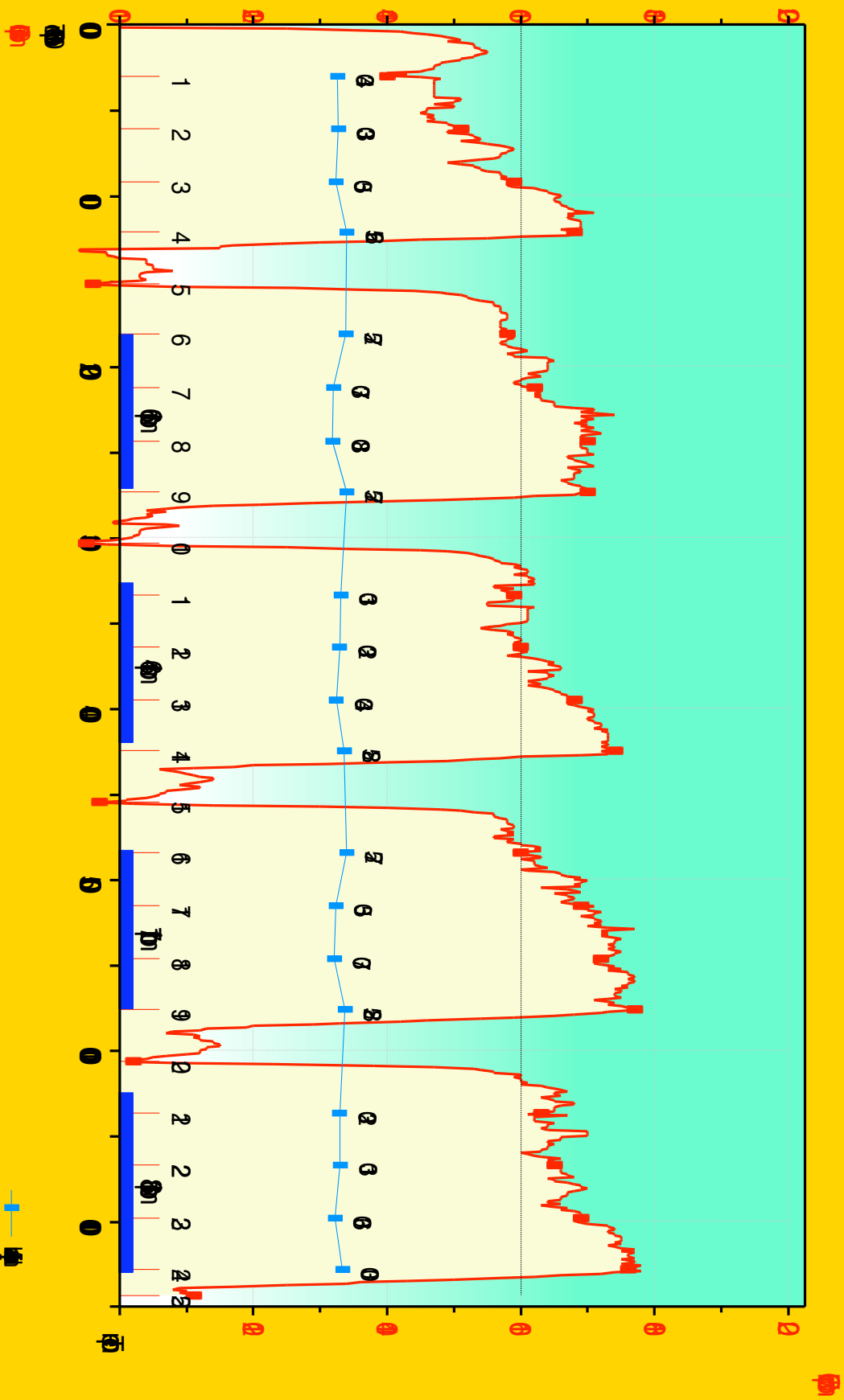
Modena dal 12 al 18 luglio 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>50' + stretc.</u>	<u>1h + 10 all.</u>	<u>29</u>
• <u>M -</u>	<u>40' + 5 all.</u>	<u>10x1km r.400(2'50"/1'27")</u>	<u>31</u>
• <u>M -</u>	<u>50' + stretc.</u>	<u>50' + all.</u>	<u>25</u>
• <u>G -</u>	<u>50' + stretc.</u>	<u>10x400 r.200 (64/42)</u>	<u>24</u>
• <u>V -</u>	<u>50' + stretc.</u>	<u>50' + 5 all.</u>	<u>25</u>
• <u>S -</u>	<u>40' + 10 all.</u>	<u>Viaggio</u>	<u>11</u>
• <u>D -</u>	<u>30' + 5 all.</u>	<u>P.S.Elpidio 10km 28'10</u>	<u>22</u>
		<u>Km. sett.</u>	<u>167</u>

MICROCICLO

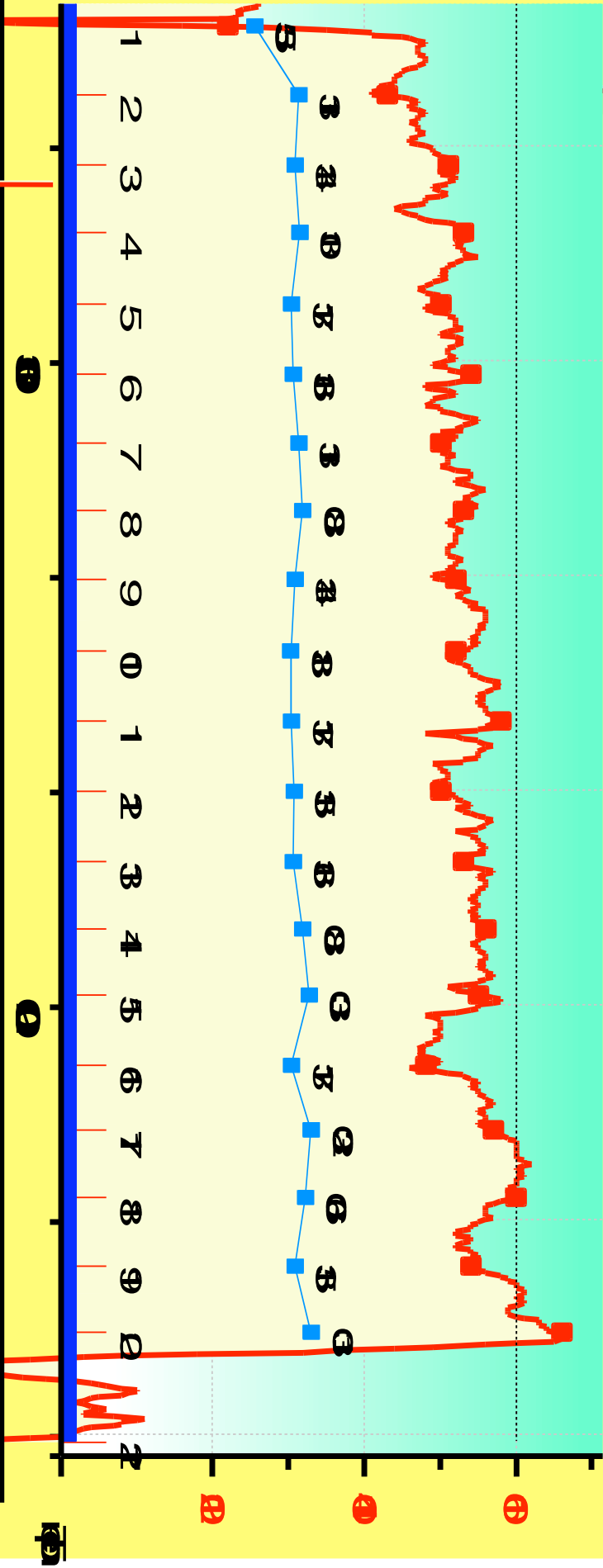
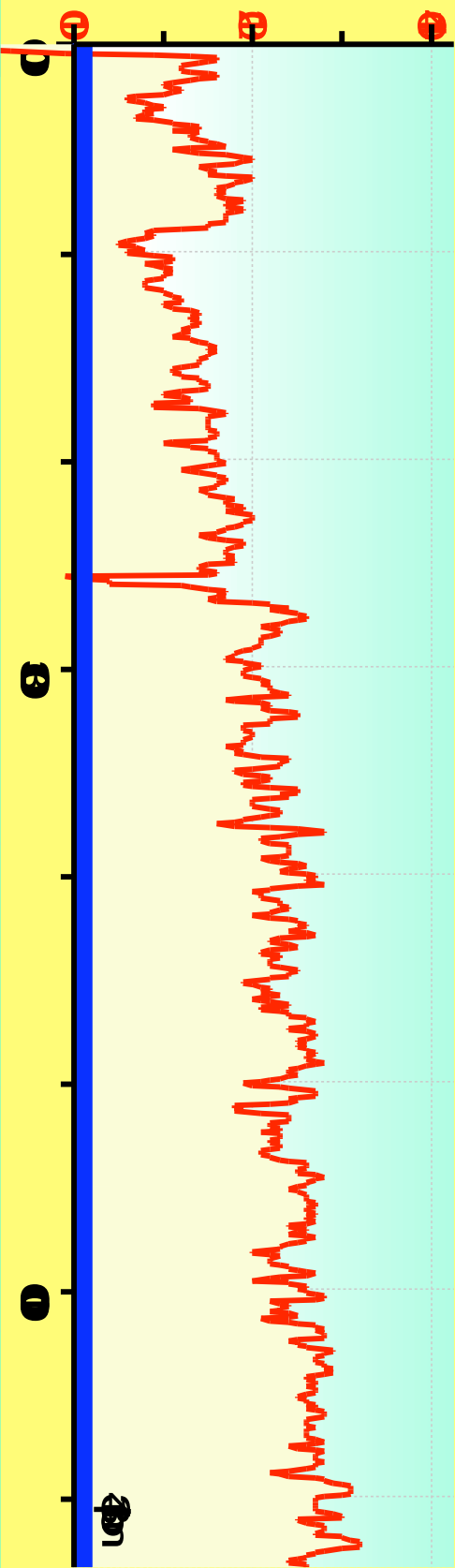
St.Moritz dal 19 al 25 luglio 2004

	MATTINO	POMERIGGIO	Km
• <u>L -</u>	<u>1h + stretc.</u>	<u>1h + stretc.</u>	<u>30</u>
• <u>M -</u>	<u>1h10' + 10 all.</u>	<u>1h</u>	<u>32</u>
• <u>M -</u>	<u>25' + 5x4km (3+1F)</u>	<u>50' + stretc.</u>	<u>40</u>
• <u>G -</u>	<u>1h facile</u>	<u>55' + 6 all.</u>	<u>29</u>
• <u>V -</u>	<u>1h+az.tecn.+6x100 rapida</u>	<u>50' + stretc.</u>	<u>28</u>
• <u>S -</u>	<u>1h15'+5+4+3+2+1 r.1km</u>		<u>38</u>
• <u>D -</u>	<u>1h15' + stretc.</u>		<u>19</u>
		Km. sett.	216



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Frazione		Totale	Frazione	
1		0,03,04,0	0,03,04,0	
2		0,06,07,5	0,03,03,5	
3		0,09,13,3	0,03,05,8	
4		0,12,09,8	0,02,56,5	
rec.		0,15,10,4	0,03,00,6	
1		0,18,08,0	0,02,57,6	
2		0,21,15,5	0,03,07,5	
3		0,24,23,5	0,03,08,0	
4		0,27,20,7	0,02,57,2	
rec.		0,30,22,1	0,03,01,4	
1		0,33,23,6	0,03,01,5	
2		0,36,25,8	0,03,02,2	
3		0,39,30,7	0,03,04,9	
4		0,42,29,5	0,02,58,8	
rec.		0,45,30,4	0,03,00,9	
1		0,48,27,6	0,02,57,2	
2		0,51,33,3	0,03,05,7	
3		0,54,40,3	0,03,07,0	
4		0,57,38,5	0,02,58,2	
rec.		1,00,39,5	0,03,01,0	
1		1,03,42,0	0,03,02,5	
2		1,06,43,9	0,03,01,9	
3		1,09,50,5	0,03,06,6	
4		1,12,50,7	0,03,00,2	

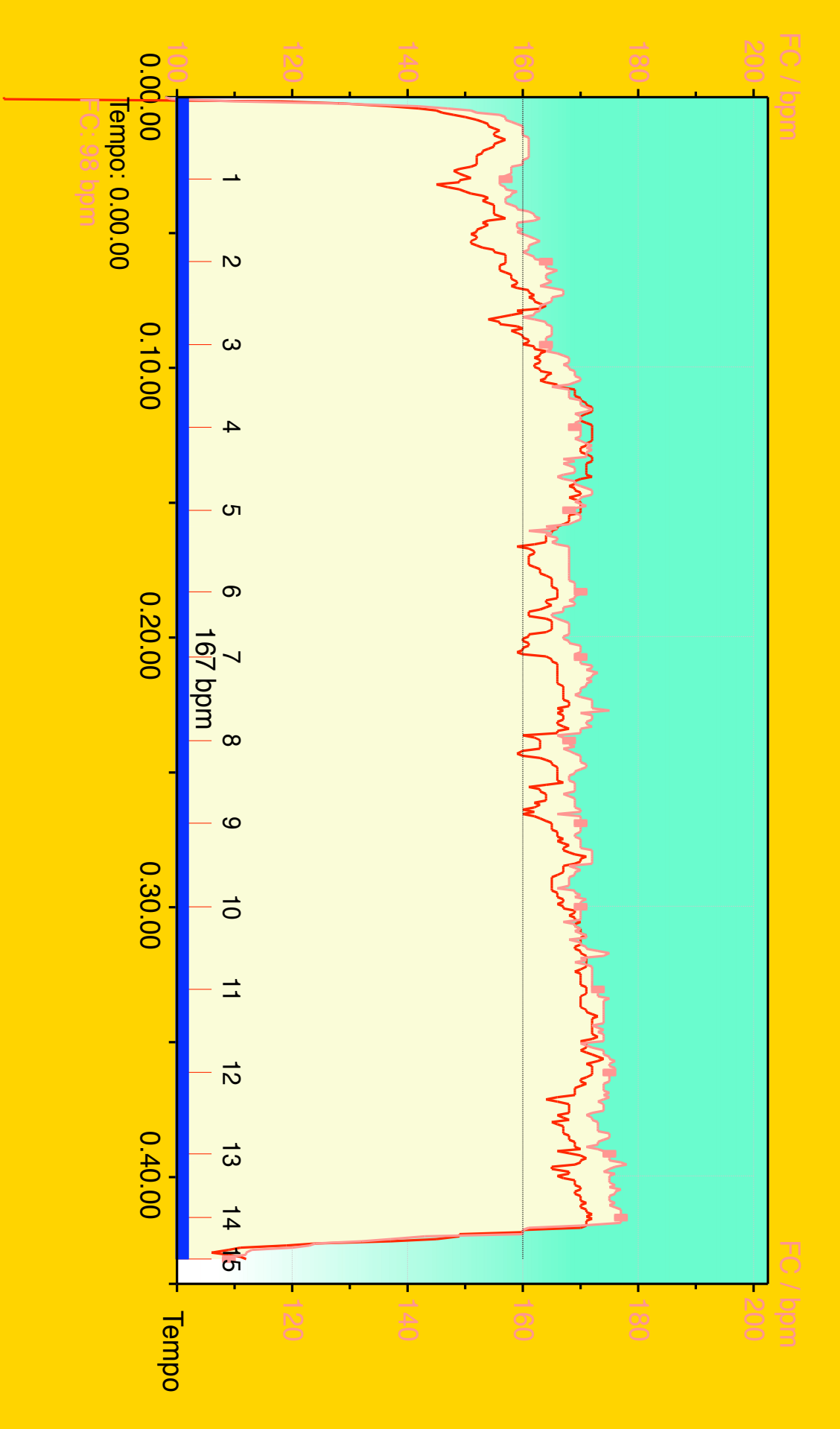


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00		00	00
00	1h + 19km (1h14') 5/1/4/1/3/1/2/1/1		00
00	0000000000		00

MICROCICLO

St.Moritz dal 26 luglio al 1 agosto 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>1h15' + palestra</u>		
• <u>M -</u>	<u>50' + 12x100 salita + 5x100 pista</u>	<u>55' + 6 all.</u>	<u>32</u>
• <u>M -</u>	<u>6km.risc. + 13.560 41'44"</u>	<u>1h facile</u>	<u>29</u>
• <u>G -</u>	<u>1h + stretc.</u>	<u>6km.risc. + 13.560 41'32"</u>	<u>40</u>
• <u>V -</u>	<u>1h15' + Pot.tronco</u>	<u>1h + 10 all.</u>	<u>30</u>
• <u>S -</u>	<u>25' + 5x3km r. 1km m.3'06"</u>	<u>55' + 8 all.</u>	<u>33</u>
• <u>D -</u>	<u>1h15' + stretc.</u>	<u>50' + stretc.</u>	<u>40</u>
		<u>Km. sett.</u>	<u>19</u>
			<u>222</u>



No	Esercizio	Dati	Cursore FC	FC	Durata	Nota
1. —	28/07/2004 10.00	28/07/2004	70	163 / 174	0.43.09.2	13.560 - condizioni ottimali - media 3'03"
2. 	28/07/2004 16.36	28/07/2004	98	167 / 178	0.43.05.5	13.560 - molto vento - media 3'03"
3.						
4.						
5.						

MICROCICLO

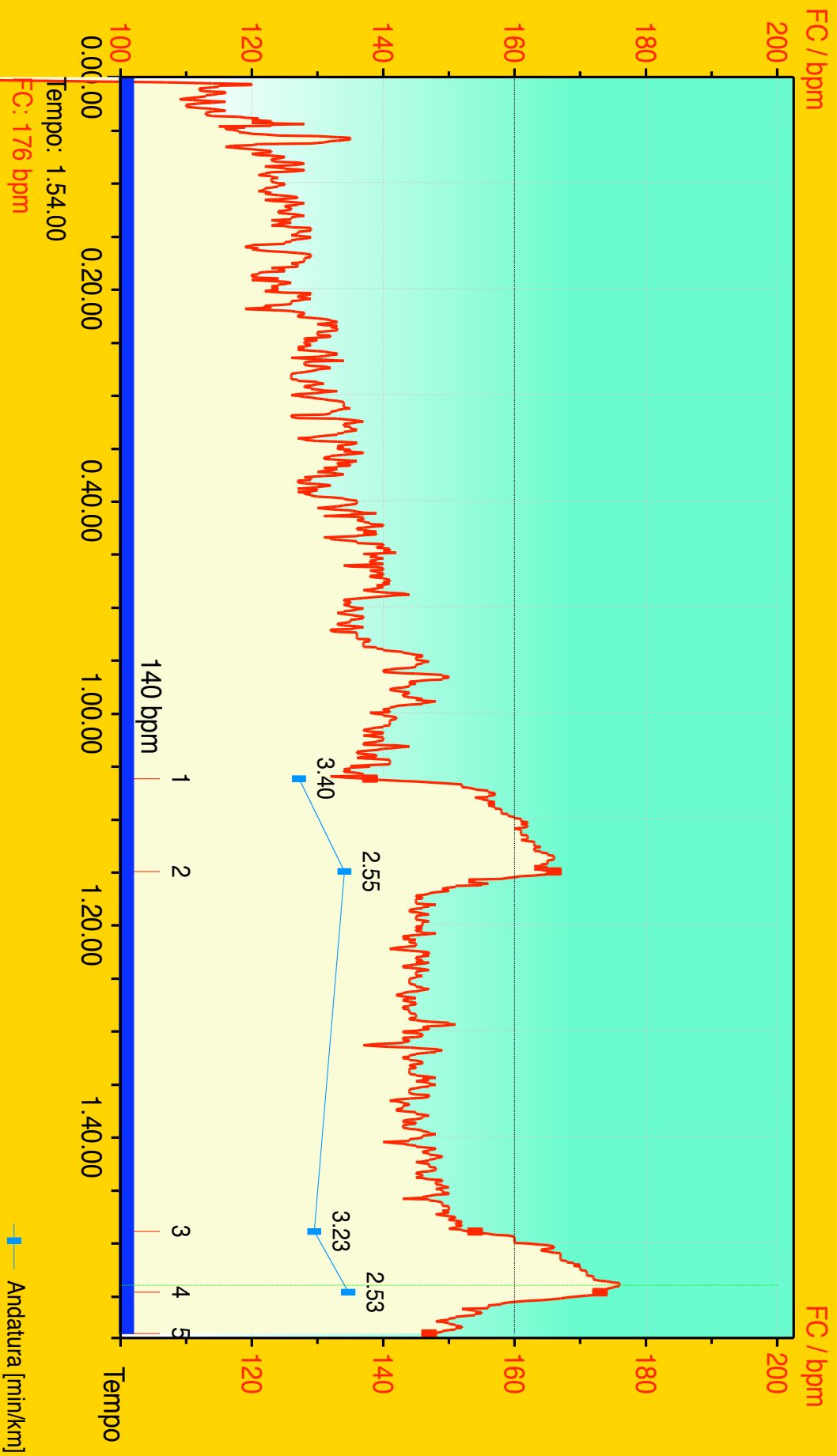
St.Moritz dal 2 al 8 agosto 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>50'+12x100 salita +5x100 pista</u>	<u>1h + stretc.</u>	<u>29</u>
• <u>M -</u>	<u>1h15' + Pot.tronco</u>	<u>55' + 8 all.</u>	<u>33</u>
• <u>M -</u>	<u>2h10' (1h35' + 4+3+2 r.1)</u>	<u>30'</u>	<u>44</u>
• <u>G -</u>	<u>1h + stretc.</u>	<u>55' + 6 all.</u>	<u>29</u>
• <u>V -</u>	<u>1h+az.tecn.+6x100</u>	<u>55' + stretc.</u>	<u>28</u>
• <u>S -</u>	<u>25' + 13.560 41'57 (3'05)</u>	<u>20'+10x400 r.200</u>	<u>33</u>
• <u>D -</u>	<u>1h15' + stretc.</u>		<u>19</u>
		Km. sett.	214

MICROCICLO

Rubiera dal 9 al 15 agosto 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>1h+az.tecn.+10x100</u>		
• <u>M -</u>	<u>50' + 10 all.</u>	<u>50' + stretc.</u>	<u>29</u>
• <u>M -</u>	<u>30' + 4 all.</u>	<u>Viaggio</u>	<u>13</u>
• <u>G -</u>	<u>Viaggio</u>	<u>Amatrice 23'44"</u>	<u>21</u>
• <u>V -</u>	<u>1h25' progress.</u>	<u>1h15' + stretc.</u>	<u>19</u>
• <u>S -</u>	<u>1h+az.tecn.+8x100</u>	<u>40' + 10 all.</u>	<u>33</u>
• <u>D -</u>	<u>2h (18 + 3km 8'47 + 10 + 2km 5'46)</u>	<u>1h + stretc.</u>	<u>31</u>
		<u>Km. sett.</u>	<u>34</u>
			180



Utente	Stefano Baldini	Data	15/08/2004	FC media	140 bpm	Zona 1	80 - 160
Esercizio	2h + 3000/2000	Ora	8.03.20	FC max	176 bpm	Zona 2	80 - 160
Sport	Corsa	Durata	1.58.36.0			ona 3	80 - 160
Nota	era caldo, sole, ma respirabile. persi 2kg e 1/2 e bevuto 1lt.200						
				Selezione	0.00.00 - 1.58.35 (1.58.35.0)		

MICROCICLO

Rubiera dal 16 al 22 agosto 2004

	MATTINO	POMERIGGIO	Km
• <u>L</u> -	<u>1h + stretc.</u>		
• <u>M</u> -	<u>1h</u>	<u>1h</u>	<u>31</u>
• <u>M</u> -	<u>40' + stretc.</u>	<u>50' + 10 all.</u>	<u>28</u>
• <u>M</u> -	<u>40' + stretc.</u>	<u>4x5km r. 1km</u>	<u>39</u>
• <u>G</u> -	<u>1h + stretc.</u>	<u>50' + 10 all.</u>	<u>28</u>
• <u>V</u> -	<u>50' + stretc.</u>	<u>55'</u>	<u>26</u>
• <u>S</u> -	<u>1h25' (con 20x1'/1')</u>	<u>40' + stretc.</u>	<u>34</u>
• <u>D</u> -	<u>1h30' + stretc.</u>		<u>23</u>
		Km. sett.	210

MICROCICLO

Rubiera/Atene dal 23 al 29 agosto 2004

<u>MATTINO</u>		<u>POMERIGGIO</u>	<u>Km</u>
• <u>L -</u>	<u>1h</u>	<u>45'</u>	<u>26</u>
• <u>M -</u>	<u>40' + Viaggio</u>	<u>45' + 10 all.</u>	<u>22</u>
• <u>M -</u>	<u>40' + stretc.</u>	<u>Test La. 5x2000</u>	<u>25</u>
• <u>G -</u>	<u>50' + 10 all..</u>	<u>40' (con progr.3km 9'02)</u>	<u>14</u>
• <u>V -</u>		<u>30' + 10 all.</u>	<u>11</u>
• <u>S -</u>		<u>Atene: G.O.</u>	<u>9</u>
• <u>D -</u>		<u>Km. sett.</u>	<u>46</u>
			<u>153</u>

Curva velocità lattato

