

Stefano Baldini Training Leading up to Athens Olympics

Translated

Special Cycle

Quote PERIOD 1, 3 / 4 weeks

(development of the volume - moderate intensity)

- 2 nd PERIOD L.d.M. 3 weeks

(increase in intensity - decrease volume - 1 / 2 races)

Quote PERIOD 3 ° 3 / 4 weeks

(significant increase in volume
and intensity)

PERIOD 4 ° L.d.M. 2 / 3 weeks

(finishing - Control marathon pace - test - 1
race event.)

STAGE 1 Livigno June 1 to 16 - 15 days

- STAGE 2 Rubiera 17 to 26 June - 9 days

- STAGE 3 Predazzo June 27 - July 10 - 14 days

- STAGE 4 Rubiera July 11 to 18 - 7 days

- STAGE 5 St. Moritz, July 19 - August 10 - 22 days

- STEP 6 Rubiera August 11 to 23 - 12 days

- STEP 7 Athens August 24 to 30 - 6 days

Microcycle

Livigno from May 31 to June 6, 2004

MORNING	AFTERNOON	km
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- L - Rome: visit OP 16 1h easy
- M - 40 '1h (travel Liv.) 25
- M - + 1 hour stretch. 1h + 10 at. 32
- G - 40 '+ 15x100 climb 55' + stretch. 26
- V - 20 '+15 km. M.V. (3'16 ") 40 '+ stretch. 34
- D - 1h15 'to + 10. 1h + 35 Pot.tronco
- D - 2h (ult30 'from 3'40 to 3'20 31

microcycle

Livigno from May 31 to June 6, 2004

Km week. 200

Microcycle

Livigno June 7 to 13

MORNING AFTERNOON km

- L - 1 h at + 10. 1h + 31 Pot.tronco
- M - 40 '+ 50 20x100 up' + stretch. 26
- M - 6x2 +1 (3'20 R.1) m.3 '12 40 '34
 - G - 1h 1h + 10 at. 31
- V - 55 '+ az.tecn. To +6. + 1 hour stretch. 30
 - D - 1h30 '(1h +10 km 3'8) 40' 37
 - D - 1h30 'hilly 23

Km week. 212

Microcycle

Livingston / Rubiera June 14 to 20

MORNING AFTERNOON km

- L - 40 '+ climbs (5x200 +5 x150) 1h 29
- M - 10x1000 R.2 '2'50' 50 '27
- M - 1 hour + travel + 10 x 55 at Modena. 30
- G - 1h 1h + 10 at. 31
- V - 40 '+ 5 at. 5x2 +1 (+2'50 6'15) 31
- S - 55 '+ 10 to 1h. 30
- D - 1h30 'progress easier. 24

Km week. 202

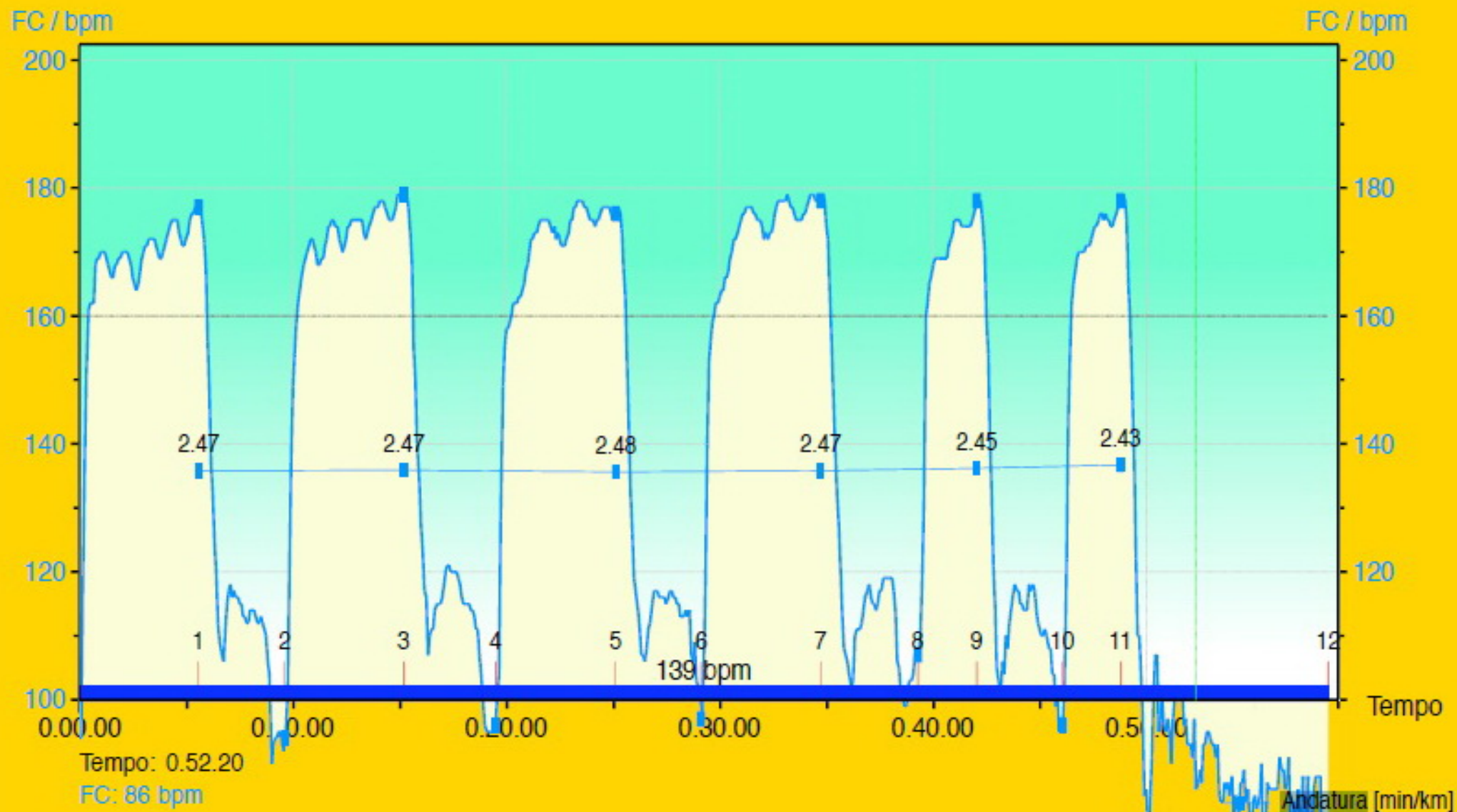
microcycle

Livingston / Rubiera June 14 to 20

MORNING AFTERNOON km

- L - 40 '+' climbs (5x200 +5 x150) 1h 29
- M - 10x1000 R.2 '2'50' 50 '27
- M - 1 hour + travel + 10 x 55 at Modena. 30
- G - 1h 1h + 10 at. 31
- V - 40 '+' 5 at. 5x2 +1 (+2'50 6'15) 31
- S - 55 '+' 10 to 1h. 30
- D - 1h30 'progress easier. 24

Km week. 202



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)			lezione	0.00.00 - 0.58.30 (0.58.30.0)		

Distance/Recovery/pace/

<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

1000m in 2:45 and 2:43.

2000m in 5:35, 5:33, 5:37 and 5:35

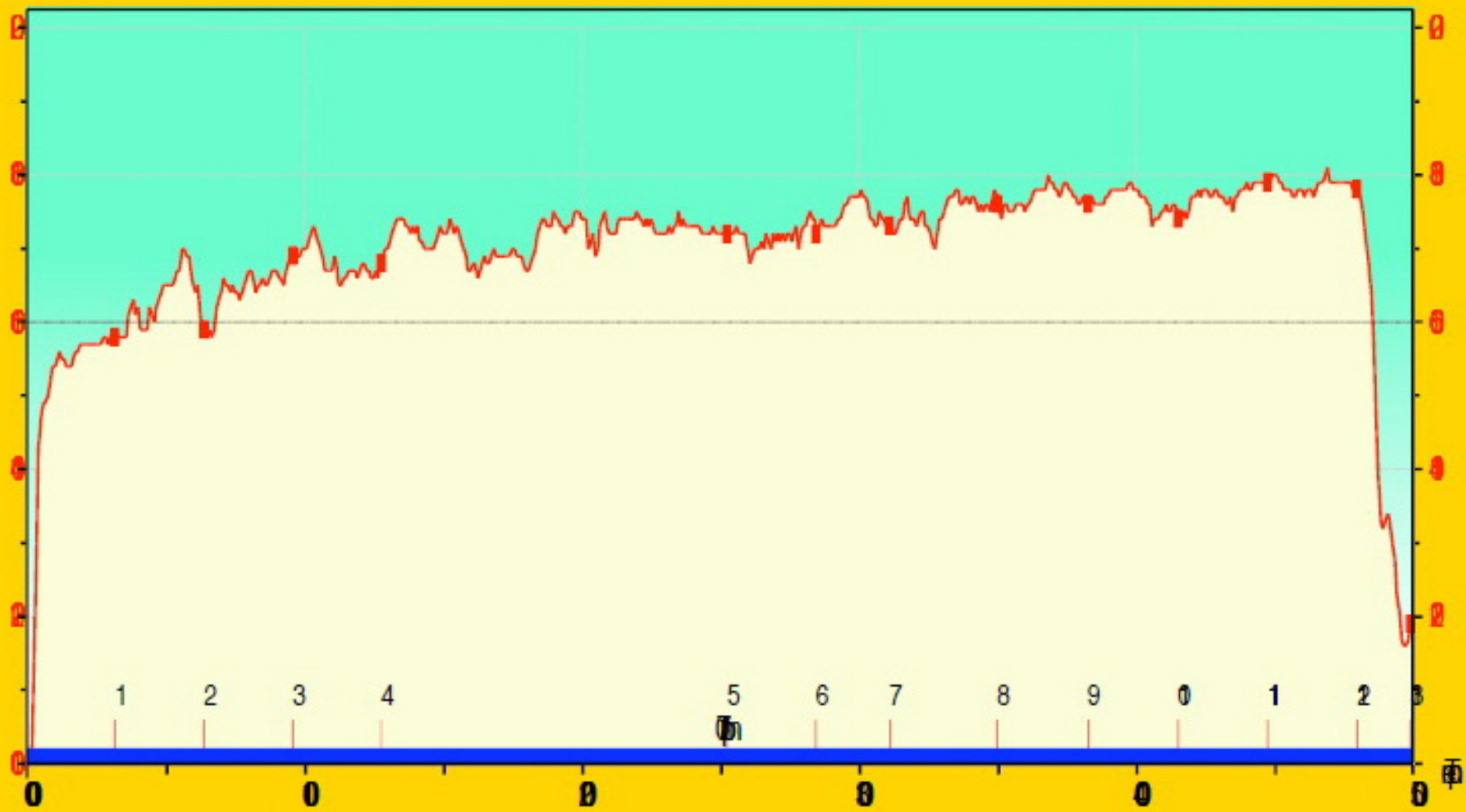
Microcycle

Predazzo from June 28 to July 4, 2004

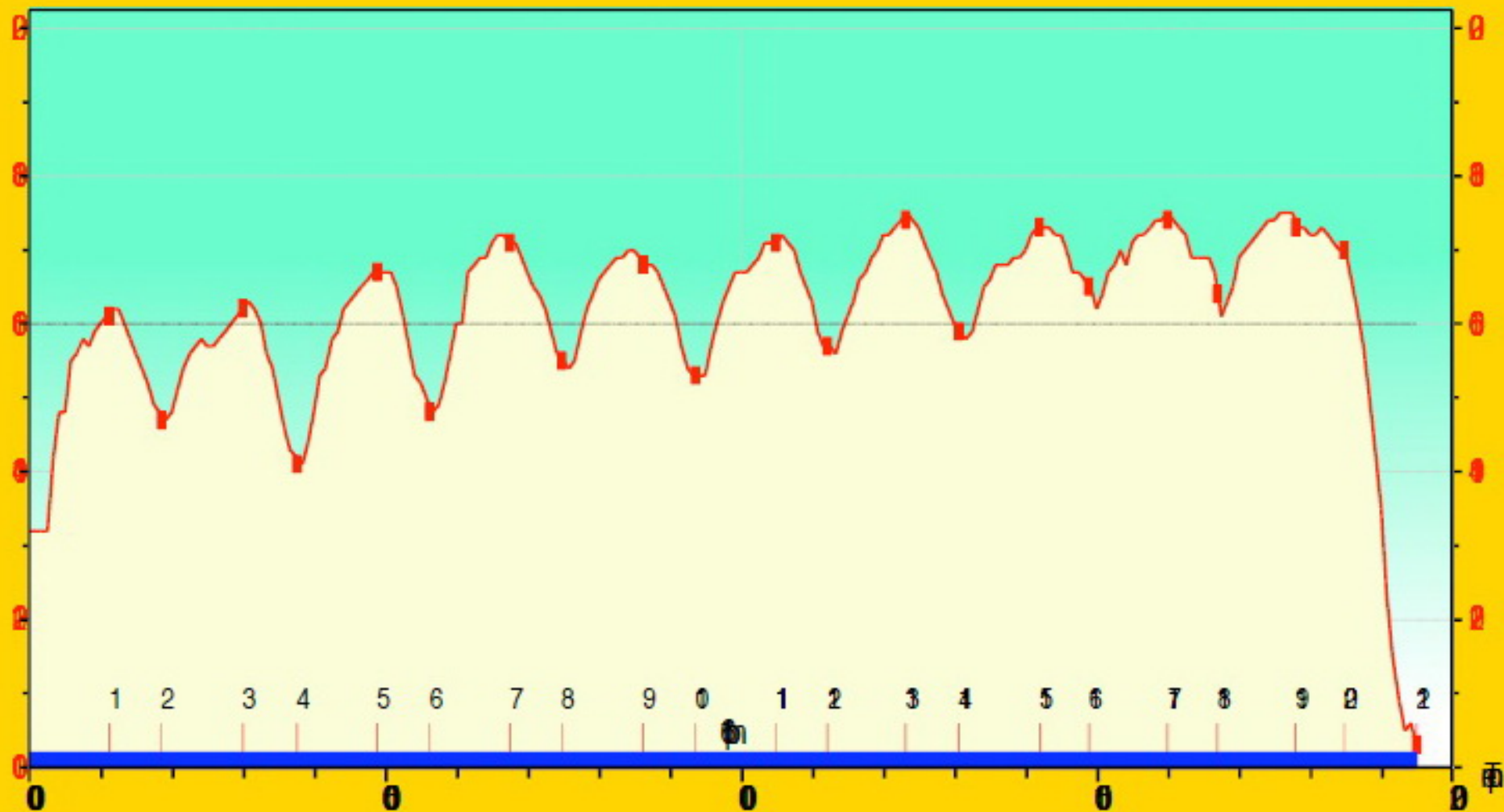
MATTINO POMERIGGIO Km

- L - 40 ' + Salita: 12x100 +1 x200 1h + stretc. 27
 - M - 2h (1h15 ' +5 x6' / 3 ') 30' 41
 - M - 1h 1h + 6 all. 30
 - G - 1h + 10 all. 1h + stretc. 31
- W - 20 ' + 15km Salita 20' +10 33 x400r.200
 - S - 1h + 10 all. 50 '29
 - D - 2h 32

Km. 223



1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19



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Microcycle

Predazzo 5 to 11 July 2004

MORNING AFTERNOON km

- L - + 1 hour stretch. 50 '+' 10 at. 28

- M - 40

' + climbs: 5x100 +5 x150 x100 +5 55' + stretch. 2
7

- M - 20 '+' 5x4km R.3' (1 +1) 45 '37

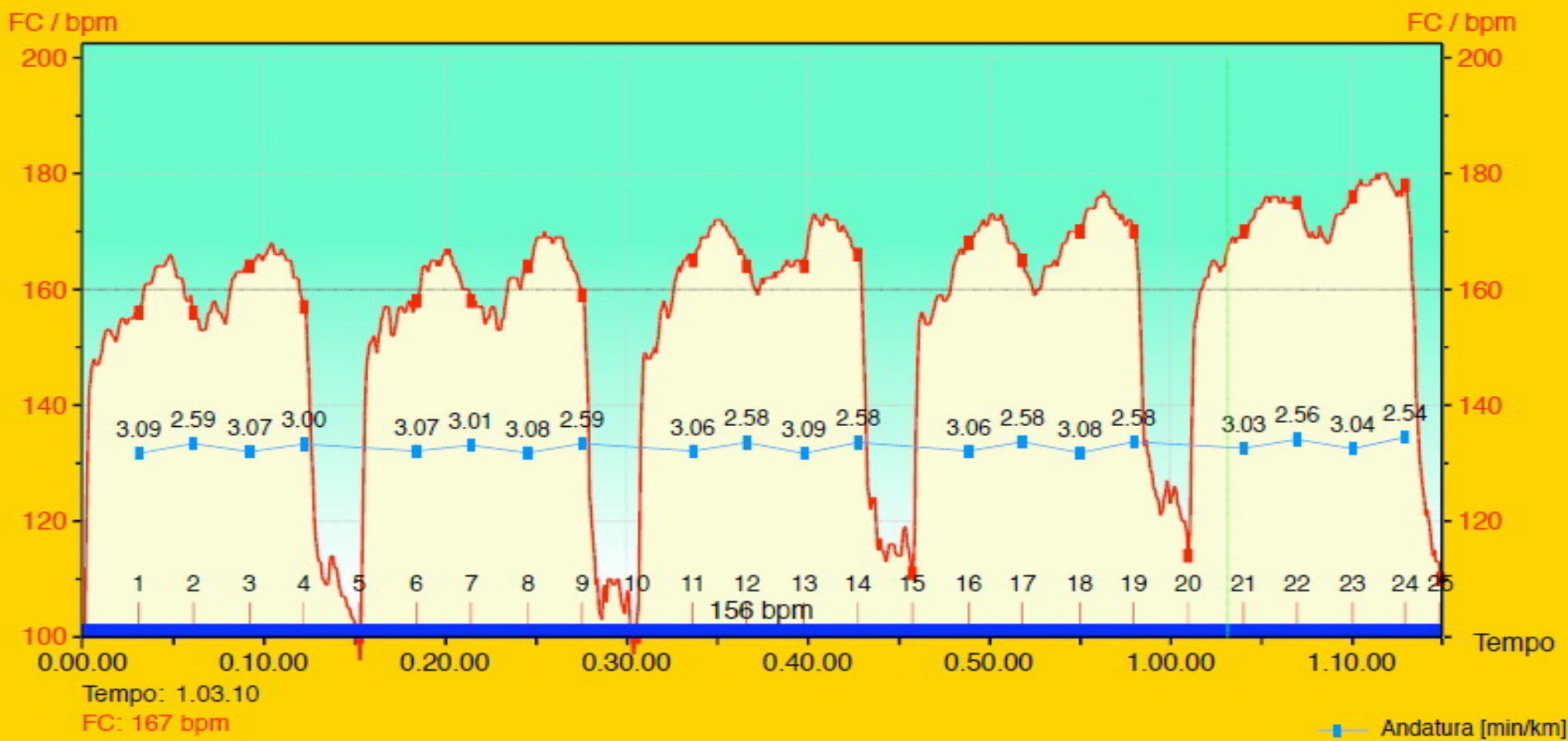
- G - + 10 to 1h. + 1 hour stretch. 31

- V - 1h15 'az.tecn +10 x100 + 50' + stretch. 33

- S - 2h (1h15 '+' 4 f +1 L +1 L +2 F +3 F) 40' 43

- D - 1h40 '25 easy

Km week. 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)		

Stefano Baldini

exercise

sport

note

date

now

duration

average heart rate

max HR

selection

zone 1

zone 2

Microcycle

Modena 12 to 18 July 2004

MORNING AFTERNOON km

- L - 50 '+' stretch. 1h + 10 at. 29
- M - 40 '+' 5 at. 10x1km r.400 (2'50 "/ 1'27") 31
 - M - 50 '+' stretch. 50 '+' to. 25
- G - 50 '+' stretch. 10x400 r.200 (64/42) 24
 - V - 50 '+' stretch. 50 '+' 5 at. 25
 - S - 40 '+' 10 at. Travel 11
- D - 30 '+' 5 at. P. S. Elpidio 10km 28'10 22

Km week. 167

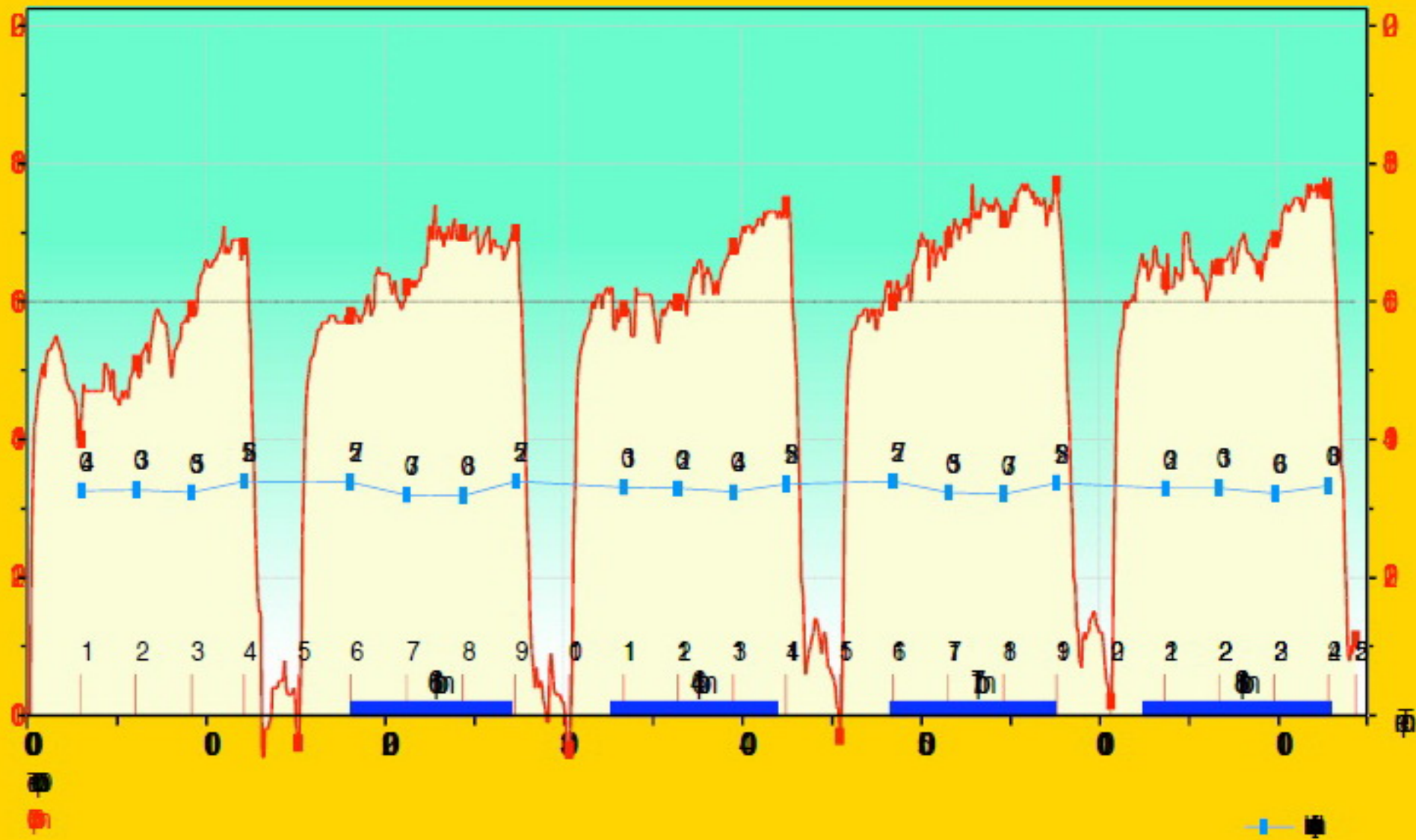
Microcycle

St.Moritz 19 to 25 July 2004

MORNING AFTERNOON km

- L - + 1 hour stretch. + 1 hour stretch. 30
 - M - 1h10 'to + 10. 1h 32
- M - 25 '+ 5x4km (3 +1 F) 50' + stretch. 40
 - G - Easy 1h 55 '+ 6 to. 29
- V - + 1h az.tecn. +6 X100 Fast 50 '+ stretch. 28
 - D - 1h15 '+5 +4 +3 +2 +1 38 r.1km
 - D - 1h15 '+ stretch. 19

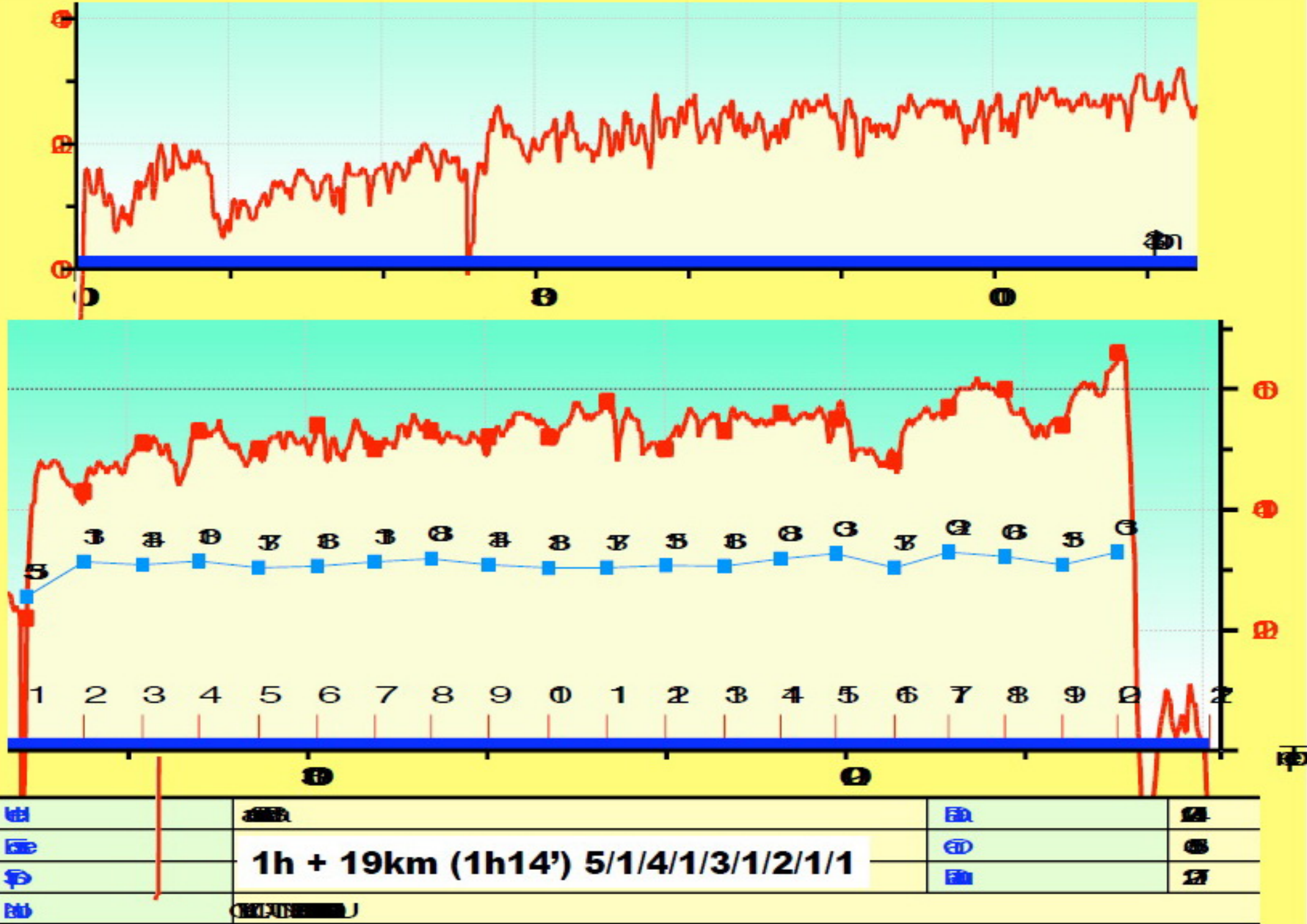
Km week. 216



1	0	0	0	0	0	0	0
2	0	0	0	0	0	0	0
3	0	0	0	0	0	0	0
4	0	0	0	0	0	0	0

<u>Frazione</u>	<u>Totale</u>	<u>Frazione</u>
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

Workout: 4kms (paced) with 3:00 recovery x 5 (4 rec)



19kms in 60:00 min plus descending ladder workout

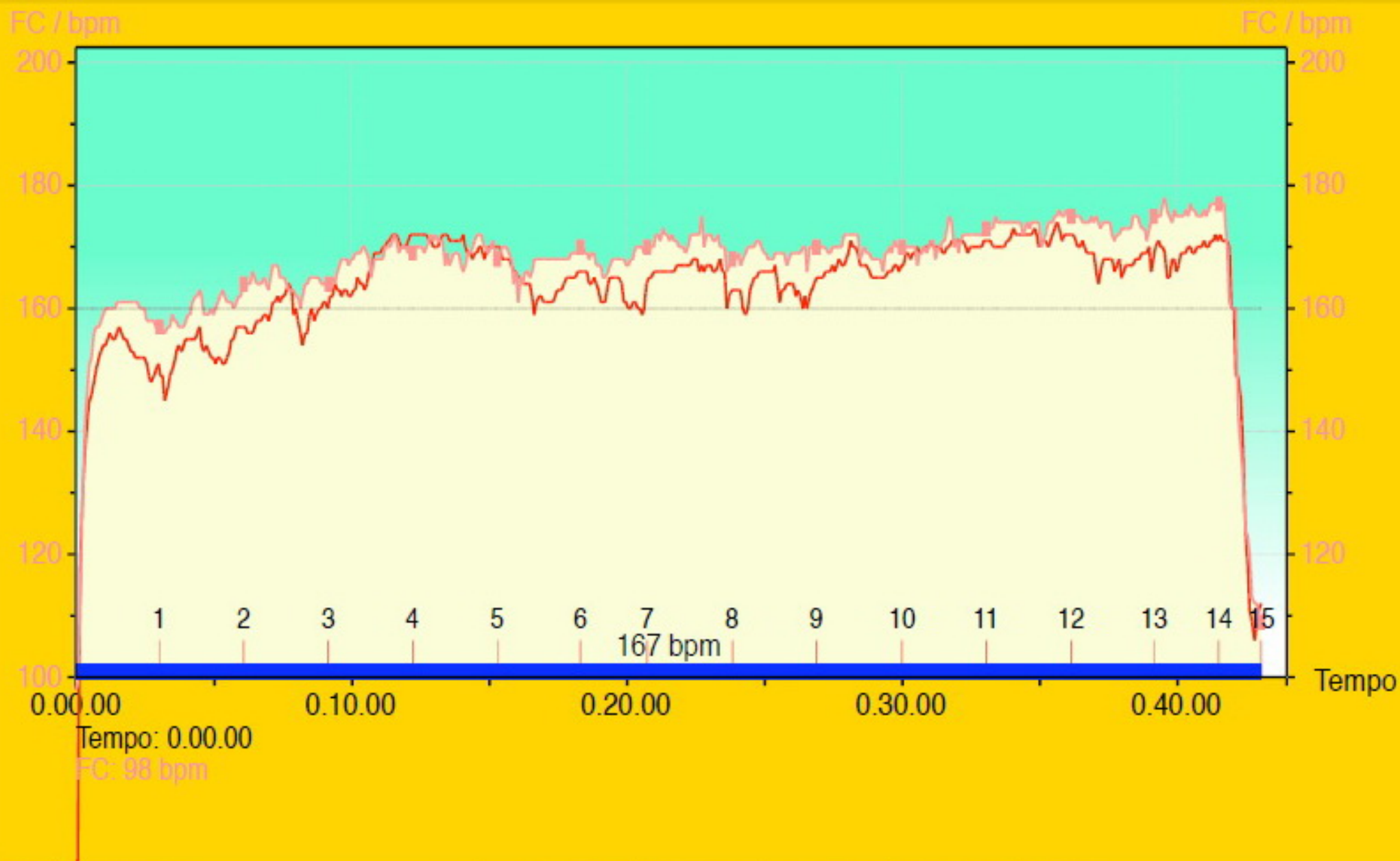
Microcycle

St. Moritz from July 26 to August 1, 2004

MORNING	AFTERNOON	km
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- | | | |
|--|-----------------------------|--|
| • L - 1h15 'gym + 55' + 6 to. 32 | | |
| • M - 50 'x 100 +12 +5 x100 up easily track 1h 29 | | |
| • M - 6km.risc. +13,560 41'44 " | 6km.risc. +13,560 41'32" 40 | |
| • G - + 1 hour stretch. 1h + 10 at. 30 | | |
| • V - 1h15 'Pot.tronco + 55' + 8 at. 33 | | |
| • S - 25 '+ 5x3km r.1km m.3 '06 "50' + stretch. 40 | | |
| • D - 1h15 '+ stretch. 19 | | |

Km week. 222



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
2. —	28/07/2004 16.36	28/07/2004	98	167 / 178	0.43.05.5	13.560 - molto vento - media 3'03"

optimal conditions - medium
very windy average 3:03 pace

Microcycle

St.Moritz 2 to 8 August 2004

MORNING AFTERNOON Km

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

Km. sett. 214

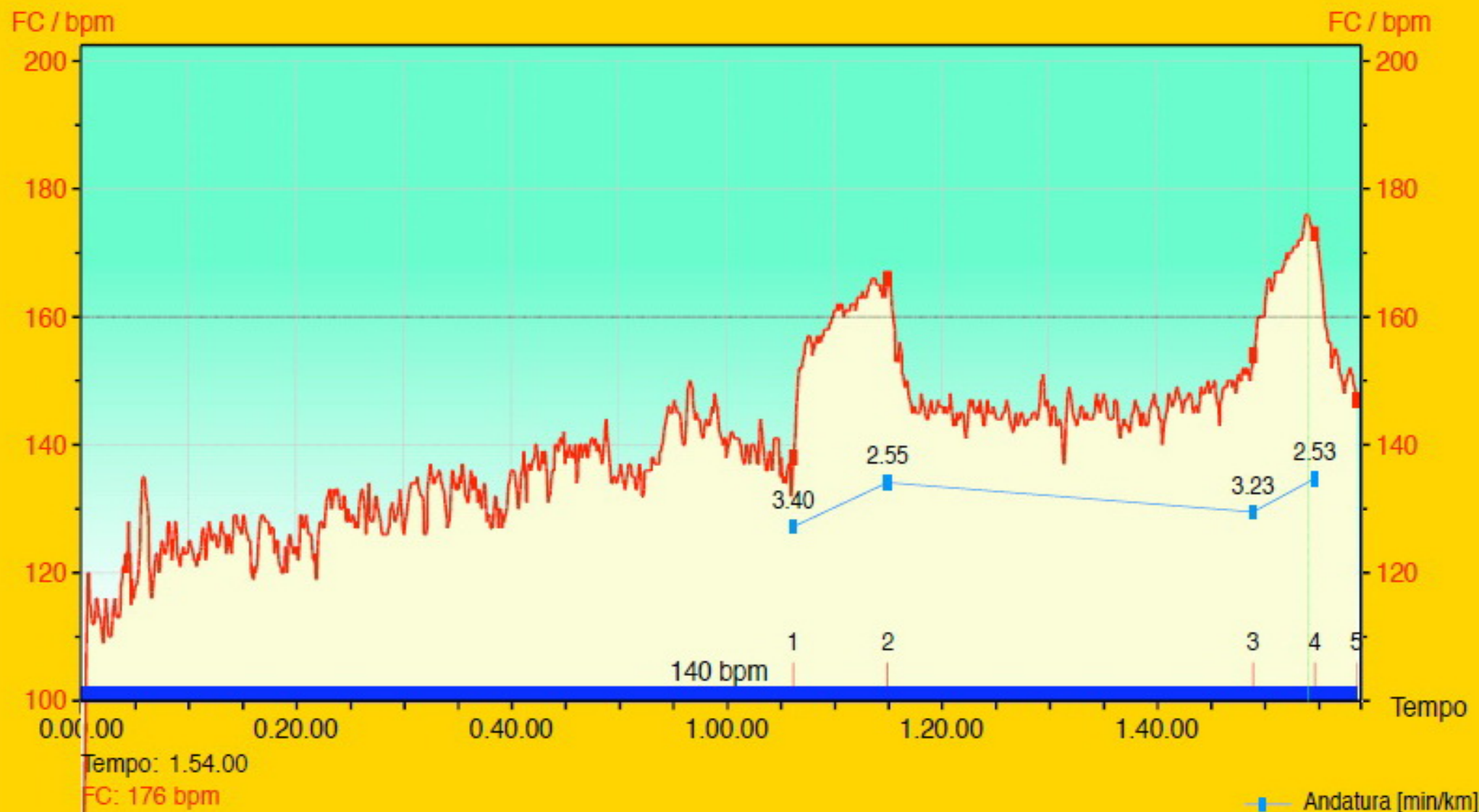
Microcycle

Rubiera 9 to 15 August 2004

MORNING AFTERNOON km

- L - 1 h + az.tecn. 50 +10 x100 '+ stretch. 29
 - M - 50 '+ 10 at. Travel 13
 - M - 30 'to + 4. Amateur 23'44 "21
 - G - Travel 1h15 '+ stretch. 19
 - V - 1:25 a.m. 'progress. 40 '+ 10 at. 33
- S - + 1h az.tecn. 1h + +8 x100 stretch. 31
- D - 2h (18 + + 10 + 2km 3km 8'47 5'46) 34

Km week. 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)		

was hot, the sun, but respirabile.persi 2kg and 1 / 2 and drank 1lt.200

Microcycle

Rubiera 16 to 22 August 2004

MORNING	AFTERNOON	km
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- | | | |
|--|--|--|
| • L - + 1 hour stretch. 1h 31 | | |
| • M - 1h 50 '+ 10 at. 28 | | |
| • M - 40 '+ stretch. 4x5km r.1km 39 | | |
| • G - + 1 hour stretch. 50 '+ 10 at. 28 | | |
| • V - 50 '+ stretch. 55 '26 | | |
| • S - 1:25 a.m. '(with 20x1' / 1 ') 40' + stretch. 34 | | |
| • D - 1h30 '+ stretch. 23 | | |

Km week. 210

Microcycle

Rubiera / Athens from 23 to 29 August 2004

MORNING	AFTERNOON	KM
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- | | | |
|--|------------------------------------|--|
| | • L - 1h 45 '26 | |
| | • M - 40 'Travel + 45' + 10 at. 22 | |
| • M - 40 ' + stretch. 5x2000 Test La. 25 | | |
| | • G - 50 'to + 10 .. 14 | |
| • V - 40 '(with progr.3km 9'02) 11 | | |
| | • S - 30 ' + 10 at. 9 | |
| | • D - Athens: G.O. 46 | |

Km week. 153

Velocity curve lactate

