

STEFANO BALDINI: 13 weeks of training in run-up to 2004 Olympic Marathon

Adapted from slides by Luciano Gigliotti. Not all of the detail may be immediately clear, but many of the key workouts can be worked out using powers of deduction, so Week 2 / 7 June Day 2 (Tuesday) means a workout of 6 x 2km run at 3.12mn/km with 1km recovery run at 3.20mn/km. followed by a 40mn easy run in afternoon. Note that some of the annotations are in Italian so a.m. does not mean 'in the morning'

1=Monday, 7=Sunday; Total kms per day in bold

13 weeks to go: 31 May- 6 June 2004: 200Km/week

1. Rome: visit OP 1h easy **16**
2. 40'1h (travel Liv.) **25**
3. 1 hour stretch. 1h + 10 at. **32**
4. 40 '+ 15x100 climb 55' + stretch. **26**
5. 20 '+15 km. M.V. (3'16 ") 40 '+ stretch. **34**
6. 1h15 + 1h **35**
7. 2h (ult30 'from 3'40 to 3'20 **31**

7-13 June 2004: 212Km/week

1. 1 h 1h **31**
2. 40 '+ 50 20x100 up' + stretch. **26**
3. 6x2 +1 (3'20 R.1) m.3 '12 + 40 '**34**
4. 1h 1h **31**
5. 55 '+ az.tecn. To +6. + 1 hour stretch. **30**
6. 1h30 '(1h +10 km 3'8) 40' **37**
7. 1h30 'hilly **23**

14-20 June: 202km/week

1. 40 '+ climbs (5x200 +5 x150) 1h **29**
2. 10x1000 R.2 '2'50' 50 '**27**
3. 1 hour + travel + 10 x 55 at Modena. **30**
4. 1h 1h + 10 at. **31**
5. 40 '+ 5 at. 5x2 +1 (6'15 +2'50) **31**
6. 55 '+ 10 to 1h. **30**
7. 1h30 'progress easier. **24**

21-27 June, 2004: 193km/week

1. 40 '+ 5 at. 4x2000 +2 x1000 var. **27**
2. 1h 50 '**28**
3. 1h15 'to + 10. 40 '**30**
4. 40 '+ climbs:10x100 +1 x200 55 '**25**
5. 6x2k.L k.F +1 (6'15 / 2'50) m.3 '03 " 40 '+ stretch. **34**
6. 1h15 '**19**
7. 1h 30 1h

28 June - 4 July, 2004: 223km/week

1. 40 '+' climbs: 12x100 +1 x200 + 1h stretch. **27**
2. 2h (1h15 '+5 x6' / 3 ') 30' **41**
3. 1h 1h + 6 to. **30**
4. 1h + 10 all. + 1 hour stretch. **31**
5. 20 '+' 15km climb 20' +10 33 x400r.200
6. 10 to 1h. 50' **29**
7. 2h **32**

5-11 July 2004: 224km/week

1. 1 hour stretch. 50 '+' 10 at. **28**
2. 40 '+' climbs: 5x100 +5 +5 x150 x100 55 '+' stretch. **27**
3. 20 '+' 5x4km R.3' (1 +1) 45' **37**
4. 1h + 10 at. + 1 hour stretch. **31**
5. 1h15 'az.tecn +10 x100 + 50' + stretch. **33**
6. 2h (1h15 '+4 f +1 L +1 L +2 F +3 F) 40' **43**
7. 1h40' **25** easy

12-18 July 2004: 167km/week incl. race

1. 50 '+' stretch. 1h + 10 at. **29**
2. 40 '+' 5 at. 10x1km r.400 (2'50 "/ 1'27") **31**
3. 50 '+' stretch. 50 '+' to. **25**
4. 50 '+' stretch. 10x400 r.200 (64/42) **24**
5. 50 '+' stretch. 50 '+' 5 at. **25**
6. 40 '+' 10 at. Travel **11**
7. 30 '+' 5 at. P. S. Elpidio 10km 28'10 **22**

19-25 July 2004, St.Moritz: 216km/week

1. 1 hour stretch.1h + Stretch. **30**
2. 1h10 '+' 10 all. 1h **32**
3. 25 '+' 5x4km (3 +1 F) 50' + stretch. **40**
4. Easy 1h 55 '+' 6 to. **29**
5. 1h + az.tecn. +6 X100 rapid 50 '+' stretch. **28**
6. 1h15 '+5 +4 +3 +2 +1 r.1km **38**
7. 1h15 '+' stretch. **19**

26 July - 1 August 2004, St Moritz: 222km/week

1. 1h15 '+ fitness 55 'to + 6. **32**
2. 50 '+12 x100 uphill +5 x100 piste 1h **29** easy
3. 6km.risc. +13,560 41'44 " 6km.risc. +13,560 41'32 " **40**
4. 1 hour stretch. 1h + 10 at. **30**
5. 1h15 '+ 55 ' **33**
6. 25 '+ '06 5x3km r.1km m.3 " 50 '+ stretch. **40**
7. 1h15 '+ stretch. **19**

2-8 August 2004, St Moritz: 214km/week

1. 50 '+5 +12 x100 x100 uphill slope + 1 hour stretch. **29**
2. 1h15 'Pot.tronco + 55' + 8 at. **33**
3. 2h10 ' (1:35 a.m. '+4 +3 +2 R.1) 30 '**44**
4. 1 hour stretch. 55 'to + 6. **29**
5. 1h + az.tecn. +6 X100 55 '+ stretch. **28**
6. 25 '41'57 + 13 560 (3'05) 20 '+10 x400 r.200 **33**
7. 1h15 '+ stretch. **19**

9-15 August 2004: 180km/week

1. 1h + az.tecn. +10 X100 50 '+ Stretch. **29**
2. 50 '+ 10 at. Travel **13**
3. 30 'to + 4. Amateur 23'44 "**21**
4. Travel 1h15 '+ stretch. **19**
5. 1:25 a.m. 'progress. 40 '+ 10 at. **33**
6. 1h + az.tecn. +8 X100 + 1 hour stretch. **31**
7. 2h (18 + + 10 + 2km 3km 8'47 5'46) **34**

16-22 August 2004: 210km/week

1. 1 hour stretch. 1h **31**
2. 1h 50 '+ 10 at. **28**
3. 40 '+ stretch. 4x5km r.1km **39**
4. 1 hour stretch. 50 '+ 10 at. **28**
5. 50 '+ stretch. 55 '**26**
6. 1:25 a.m. '(with 20x1' / 1 ') 40' + stretch. **34**
7. 1h30 '+ stretch. **23**

23-29 August 2004, Rubiera / Athens: 153km/week incl. OG Marathon

1. 1h 45 ' **26**
2. 40 'Travel + 45' + 10 at. **22**
3. 40 '+ stretch. 5x2000 Test La. **25**
4. 50 'to + 10 **14**
5. 40 ' (With progr.3km 9'02) **11**
6. 30 '+ 10 at. **9**
7. Olympic Marathon