

PROGRAM from the 2nd to 8th of June 2012

## Training Camp Mario Cipollini

<p>MORNING: Arrival at the hotel; Check-in; Registration of the athletes and kit hand over.</p> <p>LUNCH: (not included)</p> <p>AFTERNOON: Relaxing cycling about 50 km</p> <p>EVENING: Briefing: presentation of the week's programme.</p>	<b>2/06</b>
<p>MORNING: functional assessment of each participant</p> <p>LUNCH: (not included)</p> <p>AFTERNOON: functional assessment of each participant</p> <p>EVENING: Briefing: test results evaluation, interpretation and result transposition</p>	<b>3/06</b>
<p>MORNING: Bike Tour: Heart Rate Training Zones – about 3,5 hours</p> <p>LUNCH: (not included) and AFTERNOON at leisure</p> <p>EVENING: Briefing and evaluation of the days activities</p>	<b>4/06</b>
<p>MORNING: Bike tour, Power Interval Training and corresponding guidelines about 3 hours.</p> <p>LUNCH (not included) and AFTERNOON at leisure</p> <p>EVENING: Briefing and short discussion about the days activities. Background analysis: bike fitting.</p>	<b>5/06</b>
<p>MORNING: 6 hours Training "Long Distance" with bike race and training simulation (behind cars, changes, double lines, sprinting).</p> <p>LUNCH (not included) and AFTERNOON at leisure</p>	<b>6/06</b>
<p>MORNING 9.00: active recovery on bike 50km</p> <p>LUNCH (not included) and AFTERNOON at leisure</p> <p>EVENING: Briefing: discussion and questions on:</p> <ul style="list-style-type: none"> <li>- How to train for each kind of race;</li> <li>- Mental preparation;</li> <li>- Managing backlog and stress, depending on the target (granfondo, stage races, classics, world championship)</li> </ul>	<b>7/06</b>
<p>MORNING: individual departure</p>	<b>8/06</b>