

Simplified Italian Parabolic Track Training

This training plan for track is built from my experience of various Italian training sessions and talking to many Italian athletes, and living in Italy for 4 months. It also includes actual written comments from some top Italian athletes.

Nov Dec

- In winter time we do long distance like **40min+** but not so fast, like warm up speed, and a little acceleration (max1lap) every 5-7 minutes. (like our **Danish indoor 30 mins paceline**)

Jan Feb

- **Pyramid intervals.** In January we do the same but we start to do indoor track, for ex. warm up on bank track, and hard work on indoor: 10 laps(pause)8(p)5(p)3(p)2, we start not so fast, and every lap we make the speed a little faster. We continue to work on endurance also, to make a big base. (like our Danish indoor should be in jan + feb)
- Another training is 20min of interval training. We start in Jan 4-1 (normal lap-faster lap) and step by step we arrive near the championship with 2-1(June July)



Mar Apr May

- One day we do **10x1k** (1st lap slow then faster, last lap full sprint)
- **9x1lap** Another day we did 3x200m full speed, 3 mins rest then 3x300m full speed, 5 mins rest, then 3x200m full speed 3 mins rest.
- Another day we did **30min+** steady paceline (medium speed) with 1 lap full speed sprint every 3 mins... plus, afterwards we did 3 x 1lap full speed sprint with 3 mins rest between
- Another training is **20min 3:1** of interval training 3-1(normal lap-faster lap)

June July

- Another day we did **30min+** steady paceline (medium speed) with 1 lap full speed sprint every 3 mins... plus, afterwards we did 3 x 1lap full speed sprint with 3 mins rest between
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- **9x1lap** Another day we did 3x200m full speed, 3 mins rest then 3x300m full speed, 5 mins rest, then 3x200m full speed 3 mins rest.
- Another training is **20min 2:1** of interval training 2-1

