



# CLOUDIO HEAD ITALIAN NATIONAL TEAM

بعض نماذج للوحدة التدريبية للمنتخب  
الإيطالي للسباحة خلال الموسم  
الرياضي

**AFTER 3/4 WEEKS BASIC WORK:**

40x50 1easy 1fast 1'30" fast= race pace 2<sup>o</sup>/50m-100; try to maintain speed and technique as much as possible

**SPECIFIC WORK PERIOD:**

(6x50 3'/2'30"/2'/1'30"/1' 400 easy) x3 race pace 2<sup>o</sup>/50-100 try to maintain speed and technique as much as possible.

(15/20/25/35/50 DIVE, recovery time is the return to foot after sprinting + 200L) X2-3-4

**TAPERING (3 weeks normally ...)**

(25 DIVE - 25 EASY 1' / 50 fast 200 easy X)4 normally between 10 and 7 days before competition

**WARM UP:**

I LET THE KIDS DECIDE HOW TO DO IT. EVERYONE HAS THEIR OWN ROUTINE THAT THEY HAVE BUILT UP OVER TIME WITH WHICH THEY FEEL GOOD AND I LET THEM DECIDE

GENERALLY, IN ADDITION TO AN EASY AND TECHNICAL PART THEY DO SOME SPRINTS AND 1/2 X 25 SUB MAX, BUT EVERYONE DECIDES THIS PART FREELY.