

# WILFRED BUNGEI

## TRAINING AS JUNIOR





Sunday, October 30, 2011

**monday**

**Dec 95**

**tuesday**

**Dec 95**

**wednesday**

**Dec 95**

40' run

Little variation (1+1) x 10

Hill climbing 50 m x 10 times

**thursday**

**Dec 95**

**friday**

**Dec 95**

**saturday**

**Dec 95**

30 min run easy

exercises

rest

**sunday**



Sunday, October 30, 2011

**monday**

**May 96**

**tuesday**

**May 96**

**wednesday**

**May 96**

Long run 50' easy

Hill climbing 70 m x 10 times

Variation (1'30"x 1') x 10 times

**thursday**

**May 96**

**friday**

**May 96**

**saturday**

**May 96**

Exercises + stretching

Diagonals 10 - 15 time

rest

**sunday**



Sunday, October 30, 2011

**monday**

**Dec 97**

**tuesday**

**Dec 97**

**wednesday**

**Dec 97**

Long run 1'h

Exercises + stretching

Long run 50'

**thursday**

**Dec 97**

**friday**

**Dec 97**

**saturday**

**Dec 97**

Hill climbing

diagonals

Rest or easy run

**sunday**



Sunday, October 30, 2011



**monday**

**May 98**

**tuesday**

**May 98**

**wednesday**

**May 98**

Long run 1h

Diagonals 10 times

Track

2 x 600 time 1'30" rec. 5'

2 x 400 time 54" rec. 5'

2 x 200 time 25" rec. 4'

**thursday**

**May 98**

**friday**

**May 98**

**saturday**

**May 98**

Hill climbing

Track

2 x 300 time 43" rec. 4'

2 x 200 time 25" rec. 3'

2 x 100 time 13" rec. 3'

Long run easy 50'

**sunday**



# WILFRED BUNGEI

## OLYMPIC CHAMPION

### Beijing 2008

### His season

# Wilfred Bungei

- ◆ **Wilfred is born the 24th of July 1980 in the village Kibirirsang, close to Kapsabet (45 km from Eldoret) in a house on the Nandi Hills (2.200 mt altitude), and has lived there a large part of his life.**

**He has frequented elementary school and high school, and has played and run much, like many of his friends. From early age he suffered from a bronchial sensitiveness.**

# Training of Wilfred Bungei as a junior

- ◆ He got his high school diploma in 1998.
- ◆ In '97 he started to train 4-5 days a week on a program with a lot of aerobic work, hill-training and short intervals ( see program junior).

# Training of Wilfred Bungei as a junior

- ◆ **As a junior he ran mostly 400 m in 53".. at the age of 15**
- ◆ **51".. at age of 16**
- ◆ **49".. at age of 17**
- ◆ **His international career started at the age of 18, when he participated at the world junior champs of '98 in Annecy ( France), where he finished second, with a time of 1'47"52. He finished his season with a PB of 47"80 for 400 m. In september '98 he participated in 3 minor meetings in Italy.**

# The professional career of Bungei

After a winter in Kenia he moved to Italy in the spring of '99 (Bussolengo-Verona) together with Yiamпой, to race and train.

- **1999** He finished the season with several times 1'46" and a PB of 1'45"10
- **2000** He won several meetings and brought his PB to 1'44"23

# The professional career of Bungei

- **2001** He came in second behind Yiampoy at the trials and finished second at the world champs in Edmonton behind Bucher and third in Zurich with a P.B. of 1'42"96, and first at the Bislett-games in Oslo.
- **2002** He finished third at the world champs indoor in Birmingham. In the summer he won several meetings (Zurich (B-series), Berlin, Yokohama) e brought his P.B.

# The professional career of Bungei

- **2003** Started with 1'43"05 at Hengelo, won the meetings in June, but didn't participate at the trials because of a bad faringitis with high fever. In August he trained at Davos and a week after the world champs in Paris, at the meeting in Brussels, he beat the WC-finalists in a formidable race with a time of 1'42"52. He won several other



# The professional career of Bungei

- **2004** He won the trials and the meeting in Zurich in 1'43"06, he finished fifth at the Olympics. Right after that he won the meeting of Brussels in 1'43"48, and other European meetings.
- **2005** He won the trials and finished fourth at the world champs in Helsinki , and won a few meetings in spring en september. He finished the year with a SB of 1'43"70.

# The professional career of Bungei

- **2006** He won some meetings and the world indoor title in Moscow, and established his SB of 1'43"31 in Rieti.
- **2007** He won the meeting of Doha with a S.B. of 1'44"14 and after that the trials, and despite a foot-injury in the beginning of august, he participated at the world champs in Osaka finishing 5°.

# 2008: Olympic year

- After a long period of therapy for his injured foot in the fall, he had a reasonable indoor season, with some wins (1'46"38).
- After a bronchitis in april and an oral infection (operation with the extraction of two wisdom-teeth and antibiotics and painkillers from half to end of may), he raced at Torino the 6° of june (1'48"96).
- He resumed his training and won the trials the 3° of july.
- He finished 2° in 1'45"06 at the meeting of Barcelona the 20° of july.

# 2008: Olympic year

- He went back to training and arrived in great shape at the Olympics in Beijing
  - He won his series in 1'44"90
  - Semifinal in 1'46"56
  - Final in 1'44"65.
- After celebrations in Kenia he participated at meetings of Lausanne, Brussels, Rieti, Poland, Shangai and Daegu (Korea), with positions 3<sup>o</sup>-7<sup>o</sup>-2<sup>o</sup>-2<sup>o</sup>- and first places in Asia in 1'44"63 (S.B.) and 1'47"02.

Week of training

NOVEMBER

2007



Week of training

APRIL

2008





Sunday, October 30, 2011

**monday****Apr 08**

Warm up+gym x 3 series = 40steps altern.+ Flexions x arms +abdom+dorsal+flexion and extension Feet with straighthon legs + ex for gluteus + bicipes femoral + in final:3x100 special skips

7'run easy+5' run midle (160 beats) + 3' fast (180 beats):15'x3: 45'totals + 8x80mt fast in regular climb rec 2'

**tuesday****Apr 08**

Run easy x 30'+GAITS.TECHNICALS.x 100 mt. (ex specifics for sprinters=feet+SPECIAL SKIP+jumps alternateetc...) x 1 sets + 8x 100 mt (track) with final progress

30'run esy + 3x8 diagonals rec jogging+4' 15"/15"5 x 100mt

**wednesday****Apr 08**

Warm up

distance	time	rec
1x1000m	2'40"	4'
2x800m	2'06"	3'/5'
3x600m	1'33 "	3'

25'easy+15'=3'25"x km+ 10diagonals

**thursday****Apr 08**

Warm up+gym x 2 series = 40steps altern.+ Flexions x arms +abdom+dorsal+flexion and extension Feet with straighthon legs + ex for gluteus + bicipes femoral + in final:2x100 special skips

5'run easy+3' run midle (160 beats) + 2' fast (180 beats):10'x4: 40'totals + 6x120mt fast (regular climb) rec4'

**friday****Apr 08**

Run easy x 30'+GAITS.TECHNICALS.x 80 mt. (ex specifics for sprinters=feet+SPECIAL SKIP+jumps alternate etc...) x 1 sets + 8x 100 mt (track) with final progress

30'run esy + 2x12 diagonals rec jogging+4' 15"-15"5 x 100mt

**saturday****Apr 08**

Warm up +

distance	time	rec
2x600m	1'32"5	2'30"/5'
3x500m	1'14"5	3'/6'
4x400m	58"	3'30"

rest

**Apr 08****Rest**



# Week of training

June - July

2008



Sunday, October 30, 2011

**monday****9 jun****tuesday****10 jun****wednesday****11 jun**

EXECISES FOR POWER =

- Steps Up Alternate (3x40)
- feet (3x60 x foot)
- gluteus (3x30 for leg)
- bicipes femor. (3x20)
- abdominals + dorsal 3x20
- 3x60 special skips

20' run easy + gaits technic x 60 m. + 3x8x120m (diagonals) speed 15" in 100 m. rec. 40' jogging + 4' + 1x3000m speed 3'10" x km

30' run easy + 10 x 100 m (regular grass) (1 short steps and 1 normal steps alternate)  
14" > 14"4 rec. 2'30" walking

Distance	Time	rec
6 x 200 m	25"74	2'6'
2 x 600 m	1'28"21 + 1'27"12	2'6'
6 x 200 m	25"41	2'

20' run easy + 3x5x60 sprint climb (8% ▲) speed 90% of max rec. 1' + 5' + 1x400 time 49"26 (track)

7' easy (4'10" x km) + 7' medle (3'20"/3'25" x km) x 42' consecutifs

**thursday****12 jun****friday****13 jun****saturday****14 jun**

EXECISES FOR POWER =

- Steps Up Alternate (3x40)
- feet (3x60 x foot)
- gluteus (3x30 for leg)
- bicipes femor. (3x20)
- abdominals + dorsal 3x20
- 3x60 special skips

20' run easy + gaits technic x 60 m. + 3x8x120m (diagonals) speed 14"5 in 100 m. rec. 40' jogging + 4' + 1x3000m speed 9'24"

30' run easy + 10x100 regular grass (1 short steps and 1 long steps alternate)

distance	time	rec
4 x 300 m	40"71	2' / 6'
1 x 1000 m	2'36"54	6'
3 x 300 m	39"20	3'30"

20' run easy + gaites technics x 60 m. + 15' at 3'18" x km

distance	Time	rec
2 x 400	56"4 + 53"7	2'8'
1x500	1'05"7	2'30"
1 x 300	40"3	

**Sun  
15**



Sunday, October 30, 2011

**Monday****16 jun****tuesday****17 jun****wednesday****18 jun**

EXECISES FOR POWER =

- Steps Up Alternate (3x40)
- feet (3x60 x foot)
- gluteus (3x30 for leg)
- bicipes femor. (3x20)
- abdominals + dorsal 3x20
- 3x60 special skips

20' run easy + gaits technic x 60 m. + 2x10x120m (diagonals) speed 15" in 100 m. rec. 40' jogging + 4' + 1x2500 m. 7'28"

Warm up  
+ 6x100 on the grass at 90%  
1 long steps + 1 short steps  
rec 4'

Warm up. +

Distance	T. Meadle	rec
4 x 150 m	17"9	3'/6'
2 x 300 m	39"6 + 38"4	3'/6'
4 x 150 m	17"6	4'

risc.

+ gaits technicals x 50 mt  
+ 6x80 1 long + 1 short steps  
(9'26" > 9'12")  
rec 7'

6' a 4'/3'55" +  
5' a 3'20/22" +  
3' a 2'55"/57" = 14' x 3 times  
= 42' consecutifs

**thursday****19 jun****friday****20 jun****saturday****21 jun**

EXECISES FOR POWER =

- Steps Up Alternate (3x40)
- feet (3x60 x foot)
- gluteus (3x30 for leg)
- bicipes femor. (3x20)
- abdominals + dorsal 3x20
- 3x60 special skips

20' run easy + gaits technic x 60 m.  
+ 2x10x120m (diagonals) speed 15"  
in 100 m. rec. 40' jogging + 4' +  
1x2000m in 5'44"

Warm up+

Distance	time	rec
1 x 1000 m	2'32"	8'
1 x 500 m	1'07"2	5'
1 x 500 m	1'05"4	8'
4 x 250 m	31"2 > 29"6	4'

Warm up.+ A.T. x 50 mt +  
5x 100 on the regular grass at  
90% of max rec 4'

distance	time	rec
3 x 200	26"5 > 25"3	3'/6'
2 x 300	39"6 > 38"2	4'/8'
3 x 200	25"8 > 24"6	3'

**sun****22**



Sunday, October 30, 2011



Sunday, October 30, 2011

**monday****23 jun****Exercises for power:**

- Step-up alternate (2x30)
- Ex. for Feet (3x50)
- Flex. + extention foot
- Ex, for buttock 2x20x2 legs
- Biceps femoral 2x16
- Abdominal/dorsal 2x15
- Special skeeps

**20' run easy +**

- gaites technique x 40 m
- 2x10 diagonals (15"0 at 100m)
- Rec 40"/4 + 2000/6'12"

**tuesday****24 jun****20' warm up +**

distance	time	rec
300 m	39"06	3'
500 m	1'06"10	6'
400 m	54"2	4'
400 m	53"3	6'
500 m	1'04"20	4'
300 m	stop	

**wednesday****25 jun**

20' run easy + gaites tech +

**8x100:**

- 1 short steps (11"34 avg)
  - 1 long steps (11"23 avg).
- Recovery: 4'-5'

**3x**

- 8' easy (4'/km);
- 4' middle (3'20"/km);
- 2' fast (3'00"-2'55"/7km)

**42' totals** (14'x3)**thursday****26 jun**

30' run easy +

- 5x50 m  $\Delta$  8% at 95 % of max recovery walking 1'30";
- 3x80 m  $\Delta$  6% at 90 % of max recovery walking 3'00";
- 1x100 m  $\Delta$  6% at 90 % of max.

**friday****27 jun**

30' run easy+gaites tech (60m)

distance	time	rec
200 m	23"60	4'
400 m	50"24	7'
600 m	1'18"35	10'
400 m	49"66	7'
200 m	23"74	

**saturday****28 jun**

Run easy x 30' +

distance	time	rec
6x150 m	20"20	1'7'
1000 m	2'40"60	6'
6x150 m	19"62	2'

**Sun  
29****Run free x 40'**





Sunday, October 30, 2011

**monday****30 jun****tuesday****01 jul****wednesday****02 jul**

20' warm up +

distance	time	rec
300 m	36"73	5'
300 m	39"45	7'
300 m	39"40	8'
300 m	35"42	

Run easy 20' + short gaites  
teck +

- 12 x diagonals (16"/100m)  
recovery walking 1'30"
- 10' run al 3'20"

30' run easy + 6 SPURTSin the  
regular street (14"/100m)**thursday****03 jul****friday****04 jul****saturday****05 jul**

25' run easy + stretchung.

TRIALS semifinal.

**2°: 1'45"33**

(1° Kiplagat 1'45"32)

TRIALS final.

**1°: 1'45"08****Sun****06**



Sunday, October 30, 2011

**monday****07 jul**

EXERCISES FOR POWER =

- Steps Up Alternate (2x35) exec. for feet (2x50 x foot)
- gluteus (2x25 for leg)
- bicipes femor. (3x20)
- abdominals dorsal 2x20
- 2x50 special skips

20' run easy + 3x8x120m (diagonals) speed 14"5 in 100 m. rec. 40' jogging + 4' + 1x3000m = 9'16"

**tuesday****08 jul**

Warm up + gaites technics x80 m. + 2x90 special skip (30 fast + 30 easy + 30 fast)

Warm up + (6' speed 2'58"/3'00" x km + 4' speed 4'20" x km ) tot. 30' consecutifs

**wednesday****09 jul**

Warm up

distance	time	rec
600 m	1'30"70	2'30"
600 m	1'28"81	3'30"
600 m	1'26"54	4'30"
600 m	1'24"72	6'
600 m	1'22"18	

rest

**thursday****10 jul**

EXERCISES FOR POWER =

- Steps Up Alternate (2x35) exec. for feet (2x50 x foot)
- gluteus (2x25 for leg)
- bicipes femor. (3x20)
- abdominals dorsal 2x20
- 2x50 special skips

20' run easy + 2x10x120m (diagonals) speed 14"5 in 100 m. rec. 40' jogging + 4' + 1x2000m = 6'02"

**friday****11 jul**

Warm up + gaites technics x60 m. + 2x60 special skip (20 fast + 20 easy + 20 fast)

15' run easy + (3' speed 2'52"/2'54" x km + 3' speed 4'20" x km) x 5 times consecutifs

**saturday****12 jul**

Warm up 3x 3x 300 rec. 2'30" + 3'30" + 5' between sets  
Times:

- 40'62 – 40"24" – 39"12
- 40"21 – 39"74 – 38"71
- 41"12 – 40"41 – 39"78

**Sun  
13**

40' run easy with  
free variations



Sunday, October 30, 2011

monday 14 jul	tuesday 14 jul	wednesday 14 jul										
<p>EXERCISES FOR POWER =</p> <ul style="list-style-type: none"> <li>•Steps Up Alternate (2x35)</li> <li>•exec. for feet (2x50 x foot)</li> <li>•gluteus (2x25 for leg)</li> <li>•bicipes femor. (3x20)</li> <li>•abdominals /dorsal 2x20</li> </ul> <p>2x50 special skips</p>	<p>Warm up + 150 rec. 3'30" + 200 rec. 4'30" between sets rec. 8'</p> <table border="1"> <tr> <td>150 = 18"24</td> <td>150 = 17"58</td> </tr> <tr> <td>200 = 24"62</td> <td>200 = 24"33</td> </tr> <tr> <td>150 = 17"62</td> <td>150 = 17"44</td> </tr> <tr> <td>200 = 24"74</td> <td>200 = 23"62</td> </tr> <tr> <td>150 = 17"81</td> <td>150 = 17"38</td> </tr> </table>	150 = 18"24	150 = 17"58	200 = 24"62	200 = 24"33	150 = 17"62	150 = 17"44	200 = 24"74	200 = 23"62	150 = 17"81	150 = 17"38	<p>Warm up + gaites technics x50 m. + 2x50 special skip</p>
150 = 18"24	150 = 17"58											
200 = 24"62	200 = 24"33											
150 = 17"62	150 = 17"44											
200 = 24"74	200 = 23"62											
150 = 17"81	150 = 17"38											
<p>20' run easy + 3x8x120m (diagonals) speed 14"5 in 100 m. rec. 40' jogging + 4' + 1x3000m = 9'16"</p>	<p>rest</p>	<p>20' speed 4'10" x km 10' speed 3'30" x km 5' speed 3'00" x km consecutifs</p>										
thursday 15 jul	friday 16 jul	saturday 17 jul										
<p>Run easy 40' + 8x100 m (regular grass) with final progress</p>	<p>30' run easy + 6 x80 m. On the grass + stretsching</p>											
<p>Travel</p>	<p>Rest</p>	<p>Race in Barcelona Position 2° Time 1'45"06</p>										

**Sun  
18**



Sunday, October 30, 2011

monday	21 jul	tuesday	22 jul	wednesday	23 jul																											
<p><b>Exercises for power:</b></p> <ul style="list-style-type: none"> <li>• Step up (40)</li> <li>• Foot (40)</li> <li>• Bicipites (30)</li> <li>• Gluteus (30)</li> <li>• Abdominal/dorsal (30)</li> <li>• 80 t. Special keeps</li> </ul>		<p><b>Run easy 20' + short gaites</b> teck x 60 m + <b>1 Special skeep</b></p> <ul style="list-style-type: none"> <li>• 40 t. easy = 11"6</li> <li>• 40t. middle = 9"8</li> <li>• 40t. fast = 8"2</li> </ul>		<p><b>2x4x300:</b></p> <table border="1"> <thead> <tr> <th>distance</th> <th>time</th> <th>rec</th> </tr> </thead> <tbody> <tr> <td>300 m</td> <td>40"21</td> <td>3'</td> </tr> <tr> <td>300 m</td> <td>39"34</td> <td>4'</td> </tr> <tr> <td>300 m</td> <td>38"61</td> <td>5'</td> </tr> <tr> <td>300 m</td> <td>37"12</td> <td>7'</td> </tr> <tr> <td>300 m</td> <td><b>40"94</b></td> <td>4'</td> </tr> <tr> <td>300 m</td> <td><b>39"27</b></td> <td>5'</td> </tr> <tr> <td>300 m</td> <td><b>37"84</b></td> <td>7'</td> </tr> <tr> <td>300 m</td> <td><b>36"8</b></td> <td></td> </tr> </tbody> </table>	distance	time	rec	300 m	40"21	3'	300 m	39"34	4'	300 m	38"61	5'	300 m	37"12	7'	300 m	<b>40"94</b>	4'	300 m	<b>39"27</b>	5'	300 m	<b>37"84</b>	7'	300 m	<b>36"8</b>		
distance	time	rec																														
300 m	40"21	3'																														
300 m	39"34	4'																														
300 m	38"61	5'																														
300 m	37"12	7'																														
300 m	<b>40"94</b>	4'																														
300 m	<b>39"27</b>	5'																														
300 m	<b>37"84</b>	7'																														
300 m	<b>36"8</b>																															
<p><b>20' run easy +</b></p> <ul style="list-style-type: none"> <li>• 15 diagonals (14"2 at 100m)</li> </ul> <p>Rec 50" jogging + 3' easy</p> <ul style="list-style-type: none"> <li>• 1x2000m = 5'48"</li> </ul>		<p>10' run easy + 4x</p> <ul style="list-style-type: none"> <li>• 3' at 2'53"/km</li> <li>• 3' at 3'55/km</li> </ul> <p><b>TOTAL = 24'</b></p>																														
thursday	24 jul	friday	25 jul	saturday	27 jul																											
<p>Like last Monday morning</p>		<p>Warm up + gaites teck (50m) + 8 x diagonals (13"1/100m)</p>		<p>Warm up +</p> <table border="1"> <thead> <tr> <th>distance</th> <th>time</th> <th>rec</th> </tr> </thead> <tbody> <tr> <td>600 m</td> <td>1'24"20</td> <td>6'</td> </tr> <tr> <td>600 m</td> <td>1'21"30</td> <td>8'</td> </tr> <tr> <td>600 m</td> <td>1'18"10</td> <td></td> </tr> </tbody> </table>	distance	time	rec	600 m	1'24"20	6'	600 m	1'21"30	8'	600 m	1'18"10																	
distance	time	rec																														
600 m	1'24"20	6'																														
600 m	1'21"30	8'																														
600 m	1'18"10																															
<p>20' run easy +</p> <ul style="list-style-type: none"> <li>• 3x8 diagonals (14"5/100m)</li> </ul> <p>rec 40"; 4'</p> <ul style="list-style-type: none"> <li>• 3000m = 9'06"</li> </ul>		<p>20' run easy + 5000 m = 15'13":</p> <ul style="list-style-type: none"> <li>➤ 3'12"</li> <li>➤ 3'06"</li> <li>➤ 3'02"</li> <li>➤ 2'58"</li> <li>➤ 2'54"</li> </ul>		<p>Not tired</p>																												
					<p><b>Sun</b> <b>28</b> <b>Rest + massage</b></p>																											





Sunday, October 30, 2011

**monday****28 jul****tuesday****29 jul****wednesday****30 jul**

Like last Monday morning

Warm up

distance	time	rec
1 x 600 m	1'13"91	10'30"
1 x 500 m	1'01"42	9'20"
1 x 400 m	48"78	

Warm up 30'  
12 diagonals**30' run easy +**

- 12 diagonals (14" at 100m)
- Rec 40" jogging +
- 1x2000m = 6'12"

6' at 4'20"  
6' at 3'20"  
Totals 36'**thursday****31 jul****friday****01 aug****saturday****02 aug**

Like last thursday

Warmi up for 30' + strechthing

Warm up +  
3x(150 + 200 +250)  
rec: 4'/8' beetwen sets  
Time: 16"60-16"90; 22"40 –  
22"70; 28"8 – 30"120' run easy +  
10 diagonals +  
8' at 3'15"/3'20"8x80 m: 1 long steps and 1  
short steps.  
Times: 8"83 – 9"06  
Recovery: 3'**Sun  
03**



Sunday, October 30, 2011

**monday****04 ago****tuesday****05 ago****wednesday****06 ago****Exercises for power:**

- Step up (40)
- Foot (40)
- Bicipites (30)
- Gluteus (30)
- Abdominal/dorsal (30)
- 80 t. Special skeeps

**6' easy + 6' a 3'20" x 36'  
total**

Warm up +  
Gaites teck. x 60 m.

distance	time	Rec
100 m short.	<b>11"06</b>	8'
100 m normal	<b>10"92</b>	10'
100 m short.	<b>11"12</b>	8'
100 m normal	<b>10"89</b>	10'30"
100 m short.	<b>11"18</b>	

Warm up

Dist.	Time	time	time
500 m.	<b>43"</b>	25"2	1'08"2
500 m.	<b>41"5</b>	25"1	1'06"6
500 m.	<b>40"8</b>	25"3	1'06"1
500 m.	<b>39"4</b>	25"3	1'04"7

Rec. 8-9 min.

**thursday****07 ago****friday****08 aug****saturday****09aug**

Run easy x 42'  
With free variation

Run easy 20' +  
2 x 10 diagonals  
(13"7 x 100 mt.)  
Recovery 60" jogging  
+ 4'

Warm up 20' +  
5000 in 16"24:  
2000 in 6'06" +  
1000 in 4'14" +  
2000 in 6'03"

**dom  
10  
travel**



Sunday, October 30, 2011

**monday****11 ago****tuesday****12 ago****wednesday****13 ago**

Accomodation in Beijing

Run easy 20' +

Warm up

3' easy(4'20" al km)  
 2' maedle(3'15" al km)  
 x 20' total

distance	time	Rec
150 m.	17"61	4'
200 m.	23"74	4'
150 m.	17"41	8'
150 m.	17"27	4'
200 m.	24"12	4'
150 m.	17"41	

Free run x 45'

**thursday****14 ago****friday****15 aug****saturday****16aug**

Warm up  
 2 x 8 diagonals (13"8 x 100 m.)  
 Recovery 1' + 4' jogging

Warm up +  
 60 t. Specials keeps x 2 serie  
 + 8x 80 m in 9"7/9"8  
 On the gruss with rubber shoes

Warm up

distance	time	Rec
300 m.	34"91	8'
300 m.	38"74	5'
300 m.	39"26	5'
300 m.	35"86	

Warm up 20' +  
 12' a 3'20" for km

**dom**  
**17**

Run easy 20'

8x100 on the grass



Sunday, October 30, 2011

<b>monday</b>	<b>18 ago</b>	<b>tuesday</b>	<b>19 ago</b>	<b>wednesday</b>	<b>20 ago</b>
<p>15' run easy + 7' run at 3'30" + 4 x 100 in progression First 60 m. 7"-7"2 Last 50 m. 6"/5"8</p>		<p>20' run easy + Stretching</p>		<p><b>Heats 1°</b></p> <p><b>Time 1'44"90</b></p>	
<b>thursday</b>	<b>21 ago</b>	<b>friday</b>	<b>22 aug</b>	<b>saturday</b>	<b>23 aug</b>
<p><b>Semi-Final 1°</b></p> <p><b>Time 1'46"23</b></p>		<p>20' run easy + Stretching</p>		<p><b>Final 1°</b></p> <p><b>Time 1'44"65</b></p> <p><b>(53"35 + 51"30)</b></p>	<p><b>dom</b> <b>24</b></p>