

## Marco De Gasperi: Training prior to winning the World Mountain Running Championships (up and down) in Ovronnaz, Switzerland 2007.

This was Marco De Gasperi's sixth gold medal at the World Mountain Running Championships, his first coming as a junior in Telfes, Austria in 1996. The training programme was put together with his coach Paolo Germanetto, based on his previous experiences at altitude in Sestriere. The period of training detailed below, from 9 August to 15 September, included 17 days at altitude (20 August to 5 September) at Il Colle (2050m). Il Colle is a favourite altitude training venue for many elite runners, including marathon runners, preparing for major events and training there is considered tough because of the hilly terrain and the greater difficulty in adapting to the altitude in comparison to other well known venues. However, it must be emphasised that Marco's ability to adapt quickly to altitude is partly due to the fact that he lives at altitude for a lot of the time (in Bormio at 1225m)

NB. 30' = 30 minutes, 30" = 30 seconds

8 August	am	5km warm up + 10x1000m on road in 2'58" down to 2'50", recovery 1'40" + 2km warm down
9 August	am	13km undulating
	pm	11km flat
10 August	am	5km warm up + climb (on footpath) 4km, 950m height gain in 36', descent in 15'26"
11 August	am	16km undulating
	pm	10km flat
12 August	am	5km warm up + fartlek on a 2km loop consisting of a flat section, climb and descent: 4x(3', 2', 1' hard), recoveries all 2' steady. Total 46'27". Warm down 1km
13 August	am	12km undulating
	pm	10km flat
14 August	am	15km progression run going from 4'/km to 3'20"/km
15 August	am	4 hour mountain hike
16 August	am	10km flat
	pm	5km warm up + 6km progression run going from 3'45"/km to 3'/km + 1km jog recovery + 8x500m (average 1'26".5) recovery 1'15". 1km warm down
17 August	am	13km flat
	pm	Travel to Udine
18 August	am	12km undulating + 10x100m strides
19 August	am	4km warm up + <b>Race: Leg 2 of 3 Rifugi (up and down), 1<sup>st</sup> in record 24'25"</b>
	pm	Travel to Bormio
20 August		Rest – sore knee due to fall in race. Travel to Sestriere.
21 August		Rest – sore knee
22 August	am	5km warm up + 3x(6' hard, 3' easy, 3'hard, 2' easy) without forcing it
23 August		6km warm up + 25' fartlek (1' hard, 1' steady) on Bordin's trail at 2250m, average 3'15"/km + 3km warm down
24 August		12km slow + strides on flat
25 August		9km slow + strides on flat. Travel to Campodolcino

26 August		20' warm up + Race: Campodolcino – Madesimo (3 <sup>rd</sup> Italian Championship race) 13km 1000m climb, 500m descent 1 <sup>st</sup> in 56'25", feeling good on climb
27 August	am	12km slow undulating
	pm	10km slow undulating
28 August	am	12km slow undulating
	pm	10km slow flat
29 August	am	6km slow
	pm	5km warm up + 7x3' climb on footpath, descend in 3'30" + 2km slow
30 August	am	17km slow undulating
	pm	12km slow undulating
31 August	am	45' slow climb from 1800m to 2450m + 16' descent at good pace + 5' warm down
	pm	9km slow
1 September		1hr45' slow undulating at 2400m (Col Basset) with last 20' at 3'35"/km
2 September		5km warm up + 2x(5' hard, 3' steady, 4' hard, 3' steady, 3' hard, 2' steady, 2' hard, 2' steady, 1' hard, 1' steady) on course flat – climb - flat – descent, total 50' (massage)
3 September	am	10km slow undulating
	pm	12km slow undulating
4 September		5km warm up + climb 800m height gain in 43' running relaxed + 17' descent, total 1'20"
5 September		6km warm up + 15x500m on road at 2200m altitude, 1' jog recovery, 1'30" down to 1'23"
6 September	am	Travel to Ovronnaz
	pm	55' slow on race route
7 September	am	light weights in gym + 12km slow flat
	pm	12km slow flat
8 September		8km slow (tired)
9 September		6km warm up + 6km steady on tarmac at 3'12"/km, recovery 1km in 4' + 8x40" hill reps on road (10% gradient)
10 September		Rest (walk)
11 September		Rest
12 September		Massage + 12km slow flat picking up pace as felt in bursts of 40" to 1'30"
13 September	am	Travel to Ovronnaz
	pm	40' slow run on course
14 September		35' slow flat + 7x100m strides
15 September		warm up 20' + strides + <b>Race: World Mountain Running Championships 12.5km up and down, 750m height gain, 3 laps, 1<sup>st</sup> in 51'39"</b>