

## Valentina Belotti: Training prior to winning silver at the World Mountain Running Championships (uphill only) in Kamnik, Slovenia 2010.

This performance was Belotti's fourth silver medal in international competition (one of these later being upgraded to gold, following the disqualification of Elisa Desco after failing a drugs test) but she considers it one of her best ever performances on the mountains as she finished quite close behind the almost-invincible Austrian Andrea Mayr and beat Swiss rival Martina Strähl.

The training detailed below is for the period from 25 July 2010 (when she set a world best for the vertical kilometre) to the World Mountain Running Championships on 5 September. Included is a period at altitude at St. Moritz. The training programme was planned by her coach Renato Gotti (former Italian international at track, cross country, road and mountain and now a physiotherapist), together with her partner Emanuele Manzi (Italian international mountain runner). Belotti's training programme contains a variety of cross-training activities (swimming, aqua jogging and hiking) and strength training due to the fact that she has had a lot of injury problems in the past. (In the winter, in particular, she will run a bit less in favour of strength work.)

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

25 July		<b>Race: Chiavenna-Lagunc Vertical Kilometre 1<sup>st</sup> in 38'50" (world best)</b>
26 July		40' slow recovery run
27 July	am	22' warm up. 3x5x40" fast, 1'20" recovery, 2' jog between sets
	pm	35' slow run
28 July	am	50' slow run
	pm	2 hours hiking in mountains
29 July		warm up. 4x(4' fast, 2' slow, 2' fast, 2' slow)
30 July	am	50' slow run
	pm	80 lengths swimming
31 July	am	35' slow + strides
	pm	1 hour hiking
1 August		<b>Race: Malonno Memorial Bianchi 3rd</b>
2 August		recovery: 100 lengths swimming
3 August		recovery: 100 lengths swimming
4 August	am	50' slow run
	pm	100 lengths swimming
5 August	am	50' aqua jogging
	pm	40' slow run
6 August		warm up. 12x 1'40" fast, 1'30" recovery
7 August	am	50' slow run
	pm	35' slow run
8 August	am	hill session: 10x 1' hard up, 2' slow uphill recovery. Cable car down.
	pm	travel to St. Moritz
9 August	am	54' slow run
	pm	35' slow run + strides
10 August	am	20' warm up. 2x8x300m (1' recovery, 3' between sets)

	pm	30' slow run
11 August	am	50' slow run
	pm	30' aqua jogging
12 August		23' warm up. 4km of 1'30" fast, 1'30" slow + 1km recovery + 1km hard + 1km recovery + 4km of 1'30" fast, 1'30" slow + 1km recovery + 500m hard
13 August	am	50' slow run
	pm	33' slow run
14 August		20' warm up + 50' climb (844m height gain)
15 August		70' progression run
16 August	am	26' warm up + 2x8x200m (40" jog recovery, 3' between sets) + 1x300m
	pm	32' slow run
17 August		50' slow run
18 August		6x1000m (alternating recovery 1', 2'30"), average 3'20"
19 August	am	40' slow run + strides
	pm	travel St. Moritz to Susa
20 August		30' slow run + strides
21 August	am	15' pre-warm up run + strides
	pm	<b>Race: Italian Championship Susa 1st</b>
22 August		35' recovery run
23 August	am	40' slow run + strides
	pm	30' slow run
24 August	am	50' slow run + strides
	pm	20' spin bike + gym (light leg weights)
25 August	am	22' warm up + 2x20' blocks of 40" fast, 1'20" recovery, 2' slow between blocks
	pm	70' hiking
26 August	am	50' slow run
	pm	30' slow run
27 August		22' warm up + 1x1500m in 5'15", recovery 1'20" + 5x30" hills, recovery 1'20" + 1000m in 3'25", recovery 1'20" + 1000m hard in 3'16", recovery 1'20" + 5x30" hills, recovery 1'20" + 500m hard in 1'34"
28 August	am	40' slow + strides
	pm	travel St. Moritz to Zelbio
29 August	am	<b>Race: Zelbio 1st</b>
	pm	travel Zelbio to St. Moritz
30 August	am	40' slow run + strides
	pm	30' slow run
31 August	am	40' slow run
	pm	80 lengths swimming
1 September		warm up + 3x (3'2'1'), all recoveries 2'
2 September		50' slow run
3 September	am	travel St. Moritz to Kamnik
	pm	30' slow run + 8x200m, recovery 1'
4 September		30' slow run + strides
5 September		<b>Race: World Mountain Running Championships 2nd</b>