

Martin Dematteis: Training prior to winning bronze at the World Mountain Running Championships (up and down) in Tirana, Albania 2011.

This was Martin Dematteis' first senior medal at the World Mountain Running Championships – he also won bronze as a junior in New Zealand in 2005. The training programme was put together with his coach Giulio Peyracchia, who has guided him since he started running. Martin also adds the following:

'My brother (twin, Bernard), my coach and I base our training programme on the type of race that is the main target of the season. In the knowledge that the course in Tirana would be very fast we focused on speed, both on the flat and downhill, while trying to maintain strength for climbing.

It is impossible to say what speed I run my easy runs as they are run on very hilly routes (living in the mountains I have no choice!) and I don't wear a Garmin. I prefer to run as I feel on easy runs.

It may look as if I don't do any stretching or drills as there is no mention of these in this extract from my training diary but after most training runs (especially after easy runs) I spend about half an hour on these aspects, which I regard as boring but essential.

I hope you don't find this extract boring and that you gain some benefit from reading my month's training. I'd just like to add that I love athletics and I love mountain running!!' Martin Dematteis

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

7 August		Race: Memorial Bianchi – 3rd
8 August	pm	50' slow run on hilly route
9 August	pm	20' warm up then 5 x circuit on forest road (1000m slight descent (5% gradient) in 2'35"-2'40", 500m steady climb in 1'50", 500m hard climb in 1'32", all 5% gradient) 2' recovery between each of 5 circuits. 15'
10 August	am	1 hour slow hilly run
	pm	40' slow run + 10x50-60m strides on flat
11 August	pm	15' warm up + 3x(30" fast, 30" slow, 1' fast, 1' slow, 90" fast, 90" slow, 2' fast, 2' slow, 90" fast, 90" slow, 1' fast, 1' slow, 30" fast, 1' slow) + 15' warm down
12 August	am	15' warm up + 4x(7' slow climb on footpath with fast descent – quite technical)
	pm	40' slow recovery run
13 August	pm	50' slow run + 20x50-60m strides on flat
14 August	am	Race simulation (up and down): 3 circuits on forest paths of 3.5km consisting of steady climb (1.3km at 10-15% gradient), 500m flat/slightly downhill, hard climb of 200m, 20% gradient, fast but technical descent of 1.5km. Warm up 15', 3 circuits in 42', warm down 10'
15 August	pm	1hr10' slow hilly run + 25x50-60m strides on flat
16 August	pm	20' warm up + session as 9 August, last circuit faster than last week

17 August	pm	1 hour slow run on hilly route
18 August	pm	Session as 11 August but 2 sets instead of 3. Warm up 15' + warm down 15'
19 August	pm	1 hour slow run + 20x50-60m strides on flat
20 August	am	40' slow run + 10x50-60m strides on flat
21 August		Race: race 3 of Italian Championship in Zelbio – Italian Champion
22 August		1hr5' slow hilly run
23 August	pm	15' warm up + session as 18 August but 4 circuits instead of 5. Times slightly quicker than last week. 15' warm down
24 August	am	Travel to national squad training camp at Pian del Frais, Chiomonte, Val di Susa
	pm	45' slow hilly run
25 August	am	1hr progression run on up and down route
	pm	40' slow run
26 August	am	Race simulation: climb and descent on grass – lap approx, 3km, 3 laps: 1 st steady, 2 nd and 3 rd at race pace
	pm	30' easy run + 15 strides on grass
27 August	am	50' slow run
	pm	40' bit faster
28 August	pm	1hr run on up and down course
29 August	am	20' warm up + session as 11 & 18 August, 3 sets on road, a bit faster as done in group
	pm	45' easy
30 August	am	30' warm up + 10x100m strides on flat + 5x5x50m hill sprints (7-8% gradient) + 15' warm down
	pm	40' slow recovery run
31 August		End of training camp. 50' easy run
1 September	pm	10' warm up + 6km on flat starting at 4'/km progressing to 3'/km + 15' warm down
2 September	am	30' warm up + 4x5x50m hill sprints on tarmac (7-8% gradient) + 3x5x100m flat + 5x50m flat strides + 10' warm down
	pm	30' slow-steady
3 September		1hr20' slow off road
4 September		Race : Memorial Marco Germanetto, Susa: 3000m track in 8'26".09
5 September	pm	45' slow hilly run + 45' of drills + strides
6 September	pm	1hr5' run, last part progressing to 3'/km + 10x strides on flat
7 September	pm	15' warm up + session as 11 August but just 1 set + 20' warm down
8 September	pm	1hr slow + strides
9 September	am	Travel to Albania
	pm	30' easy run on course
10 September	am	40' easy run + strides + stretching
11 September		Race: World Mountain Running Championships: 3rd