

The training of Marisa Masullo

by Adolfo Rotta

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“ A detailed overview of the development of the Italian sprinter Marisa Masullo during the period from 1974 to 1985 was given in this lecture. During this period Masullo improved her 100 metres time from 12.72 to 11.34sec and her 200 metres time from 26.02 to 22.88sec.

The basic objectives of her training were the improvement of speed endurance, lactic performance, alactic capacity and – to a lesser extent – the development of aerobic capacity.

According to Rotta's opinion the key to the balance of Masullo's performance is the general amount of work as well as the amount of lactic and alactic work, which was increased step by step. However, although this strategy of training led to a positive and remarkable consistency of performance it was probably a (slight) impediment to the further development of speed. ”



Photo: Scuola dello Sport

Adolfo Rotta is Italian national coach since 1970, personal coach to Marisa Masullo and other Italian champions and recordmen.

1 The training programme from 13 December 1981 to 6 February 1982

Monday

Morning:

Jogging; Gymnastic; Bounces
10min Cross (fast pace)

Afternoon:

Jogging 15min; Gymnastic; Exercises to reinforce the feet
Strength training: 1/2 Squat (fast execution) 6x6x70kg
Longues: 3x10x30kg
Bench-press: 2x10x30-40kg
General exercises to reinforce abdominal and dorsal muscles
5x100m (slow pace)

Tuesday

Afternoon:

Jogging: 15min; Gymnastic
Special sprint exercises
3-4x60m (good pace)
7x200m (pace 30-32sec) recovery 3min
Jogging and stretching

Wednesday

Afternoon:

Jogging; Gymnastic
Special sprint exercises
Sprint uphill: 4x30m (recovery 3min)
3x50m (recovery 4min)
2x100m (recovery 5min)
Pause between series 8-10min
Stretching exercises

Thursday

Morning:

Jogging; Gymnastic; General exercises
Special sprint exercises
Sprint runs: 8x30m (start in movement)
4-5x100m (good pace)
Cross 8min (fast pace)

Afternoon

Jogging 15min; Gymnastic
Exercises to reinforce the feet

Strength training: 1/2 Squat (fast execution) 5-6x6 x 70-80kg
Calf-raise: 3x20x70kg (fast execution)
Cleans: 3x10 repetitions (20kg)
5x100m (slow pace)

Friday

Afternoon

Jogging; Gymnastic
Special sprint exercises
General reinforcement (abdominal, dorsal, flexors adductors)
8-10x100m (slow pace)
5min Jogging

Saturday

Morning

Jogging; Gymnastic
Sprint: 4-5x30m (start in movement)
3-4x80m (in progression)
1x600 m (good pace); recovery 6min
1x500m (good pace); recovery 5min
1x400m

Afternoon

Jogging; Gymnastic
Special sprint exercises
Strength training: 1/2 Squat (fast execution) 5-7x7x70-80 kg
Calf-raise 4x30x60-70kg
Clean: 2x10x20-30kg
4-5x100m (slow pace)

2 The training programme from 1 to 28 April 1982

Tuesday

Morning

Warm-up
Reactivity: 6x6 jumps over hurdles (height 50cm / distance 1m)
Sprint endurance training: 5x6x60m, (recovery 1:20min between each run and 6min between the series)
4x80m (recovery 2min and 8min)
3x100m (recovery 3min)

Afternoon

Strength training: 1/2 Squat (fast execution) 6x90-100-120-130-140-150kg
Calf-raise: 30x8kg / 20x90kg / 20x100kg (fast execution)
General exercises to reinforce arms.
4-5x100m (slow pace)

Wednesday

Afternoon

Jogging 15min; Gymnastic
Special sprint exercises
Sprints (20-30m)

Bounces: 3x5 jumps + 2-3 x 10 jumps on grass

Speed endurance training: 3 x (80m, recovery 3min - 100m, recovery 4min - 150m)
Pause 8min - After 12min 1x300m (good pace)

Alternative: 6-8x150m, recovery 5-6min and after 15min pause 1x300m

Thursday

Morning

Warm-up
Reactivity: 8x6 jumps over hurdles (height 50cm / distance 1m)
Sprint endurance training: 3 x (200m, recovery 5min - 300m) pause 6min (good pace) - After 8min 200m (fast pace)
Alternative: 200m, recovery 4min - 300m / pause 8min / 300m, recovery 4min - 200m / pause 8min / 150m, recovery 4min - 300m / pause 8min - 200m

Afternoon

Jogging 15min; Gymnastic
Strength training: 1/2 Squat (fast execution) 6x100kg / 5x110kg / 5x120kg / 5x130kg
Longues: 3x10x30kg / Alternative Step-up: 2x12x20kg
Exercises to reinforce abdominal and dorsal muscles

Friday

Jogging: 15min; Gymnastic
Special sprint exercises
Technical exercises on hurdles (leading leg, second leg special exercises)
Bounces: 2x50m. on grass
Sprints: 4-5x30m (special attention to the running technique)
Speed endurance training: 2 x (4x80m), recovery 2min between runs and 6min between series / Pause 12min / 3x100m, recovery 2min / Pause 12min / 1x200m / Pause 12min / 1x400m

Saturday

Jogging 20min; Gymnastic
Different types of general jumps
Technical exercises on hurdles
Speed endurance training: 200m, recovery 3min / 300m, recovery 5min / 200m, recovery 6min / 200m / Pause 12min / 150m, recovery 3min / 200m, recovery 5min / 150m recovery 6min / 200 m.