

LA PROGETTAZIONE DELL'ALLENAMENTO NEGLI SPORT AD ALTA INTENSITÀ DI COMPETIZIONE

Come conciliare una programmazione razionale dell'allenamento quando le esigenze agonistiche superano le 30-40 gare l'anno

Secondo Seminario di Studi

Roma, 25 Febbraio 2008

Centro di Preparazione Olimpica Acquacetosa "G. Onesti" – Aula 6

Programma		
09.30	<i>Accredito dei Partecipanti</i>	
10.00 - 10.30	<i>Introduzione al Seminario</i>	Alberto Madella
10.30 - 11.30	<i>La progettazione dell'allenamento negli sport ad alta intensità di competizione (I Parte)</i>	Vladimir Issurin
11.45 - 13.00	<i>La progettazione dell'allenamento negli sport ad alta intensità di competizione (II Parte)</i>	
13.00 - 14.30	<i>Colazione di lavoro</i>	
15.45 -16.30	<i>Tavola Rotonda, con la partecipazione del Prof. Issurin e di: M. Barbolini, FIPAV R. Furlan, FIT G. Saibene, FIP V. Trozzi, FISI</i>	Moderatore Mario Gulinelli
16.30 -17.00	<i>Sintesi finale dei lavori e conclusione del Seminario</i>	Alberto Madella

Relatore

- Vladimir Issurin *** *Coordinatore scientifico del Dipartimento per lo sport d'élite del Comitato Olimpico Israeliano presso il Wingate Institut di Netanya*
- Alberto Madella** *Consulente scientifico SdS; Docente presso Università italiane e straniere*

Tecnici ed Esperti partecipanti ai lavori della Tavola Rotonda

- Massimo Barbolini** *Allenatore Squadra Nazionale Seniores Femminile Pallavolo*
- Renzo Furlan** *Responsabile Settore Under 20 Tennis*
- Mario Gulinelli** *Redattore Capo della Rivista SdS – Scuola dello Sport*
- Guido Saibene** *Allenatore Squadre Serie A Pallacanestro*
- Vincenzo Trozzi** *Formazione Quadri Tecnici Sci di Fondo*

* **Prof. Dr. Vladimir B. Issurin.** *He served as a scientific adviser and head of complex scientific group in the USSR Olympic canoe/kayak team during three quadrennial cycles (1978-1991) and deserved two governmental awards. Since 1991 professor Issurin lives in Israel and works as a researcher of Sport Science Department (1991-94), professional consultant and coordinator of Israeli Olympic National teams (since 1992), lecturer of the Wingate coaching school and Wingate Physical Education College; he was promoter of 21 Ph.D. dissertations performed in branch of theory, physiology and biomechanical backgrounds of sport training. As a member of the national Olympic delegations he took part in five Olympic Games; twice as a team leader of Israeli kayak and swimming national teams (2000 and 2004). He has over 150 scientific articles in national and international journals and edited books and over 50 international presentations. He has lectured at universities and coaching forums in Athens, Bangkok, Florence, Ghent, Gijon, Göteborg, Grand Rapids (Michigan), Jyvaskyla, Kiev, Köln, Leuven, Lisbon, Madrid, Magdeburg, Moscow, Palma de Mallorca, Pontevedra, Poznan, Prague, Riga, Rome, St.Petersburg, Sofia, Tashkent, Tallinn, Vilnius, Volgograd. He is authored or coauthored 9 books. He is an Editorial Board member of the Journal of Sports Medicine and Physical Fitness and reviewer of scientific magazines Sports Medicine and European Journal of Sport Sciences. Currently his research is focused on the methodology of high-performance training and further development of the original coaching concepts for elite athletes. He is many times champion of Israel in masters swimming competitions.*