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UIPM RELEASES QUARTERLY TRAINING PROGRAMME FOR TEENAGE ATHLETES



A Quarterly Training Programme aimed at teenage athletes who have been idle due to the COVID-19 Coronavirus pandemic has been released by UIPM.

The 20-page guide, [which is available for download](#) in Arabic, English, French, Russian and Spanish, is designed to simulate the beginning of a season. It also promises to be a useful resource for coaches who now face the challenge of getting athletes aged 14-16 back into training after quarantine restrictions in all countries around the world.

The author of the programme is Ivan Lo Giudice, men's head coach of the Italian Modern Pentathlon team. A former athlete, he is a Level 3 UIPM certified coach with extensive experience coaching youth athletes on the world stage.

QUARTERLY TRAINING PROGRAMME
 FOCUSED ON SWIMMING – LASER RUN – FENCING
 (FOR ATHLETES AGED 14-16)

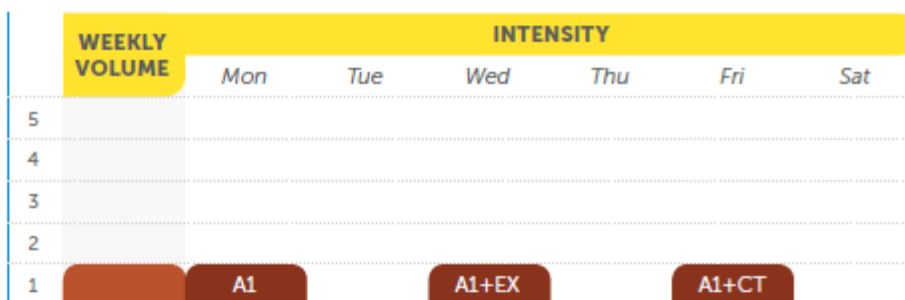
WEEK 1

GENERAL CONDITIONING 1

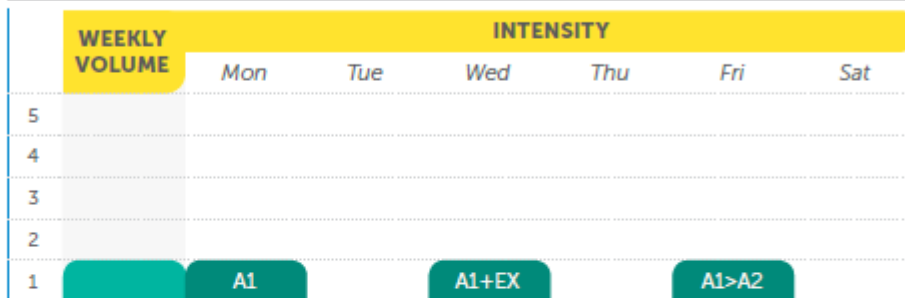
GENERAL WORKLOAD
(1-3)



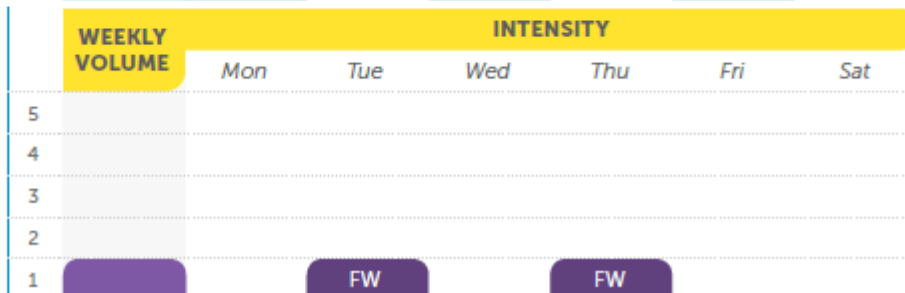
RUNNING
VOLUME AND INTENSITY (1-5)



SWIMMING
VOLUME AND INTENSITY (1-5)



FENCING
VOLUME AND INTENSITY (1-5)



WEEK 2

GENERAL CONDITIONING 1



Christian Roudaut, Chair of the UIPM Coaches Committee, said: “Ivan Lo Giudice has created a detailed and comprehensive manual that I’m sure will be an invaluable resource for coaches of athletes in UIPM Sports all over the world.

“The task of getting athletes aged 14-16 back into training after lockdown will not be an easy one, but this Quarterly Training Programme provides coaches and athletes with a clear direction and I have no hesitation in recommending it to my fellow coaches.”

Viacheslav Malishev, UIPM Executive Board for Development, added: “The Quarterly Training Programme, authored by Ivan Lo Giudice and published by UIPM, can be a useful tool for coaches

in all countries who are training youth athletes across multiple disciplines.

“At this time of global crisis I believe this is a fantastic resource to share with our community as organised sport slowly begins to come back.”

The three-month programme is focused on Swimming, Laser Run and Fencing training plans and periodisation, with a methodology that can be applied to Tetrathlon and the New Tetrathlon format that will be introduced in the 2022 Youth Olympic Games in Dakar (SEN), and adapted for Biathlon and Triathlon.

The programme features an intuitive grid that presents a method – recommended by the UIPM Coaches Certification Programme – for controlling workload volume and intensity.