

Thechnical training as a tool to overcome **SPORTS CRISES**

TALENT MANAGEMENT BEFORE AND AFTER SUCCESS - “**THE BURDISSO CASE**”

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What I want to tell you

I want to talk to you about managing talent before and after achieving success and how to overcome moments of performance crisis ...

Federico BURDISSO

the case of .

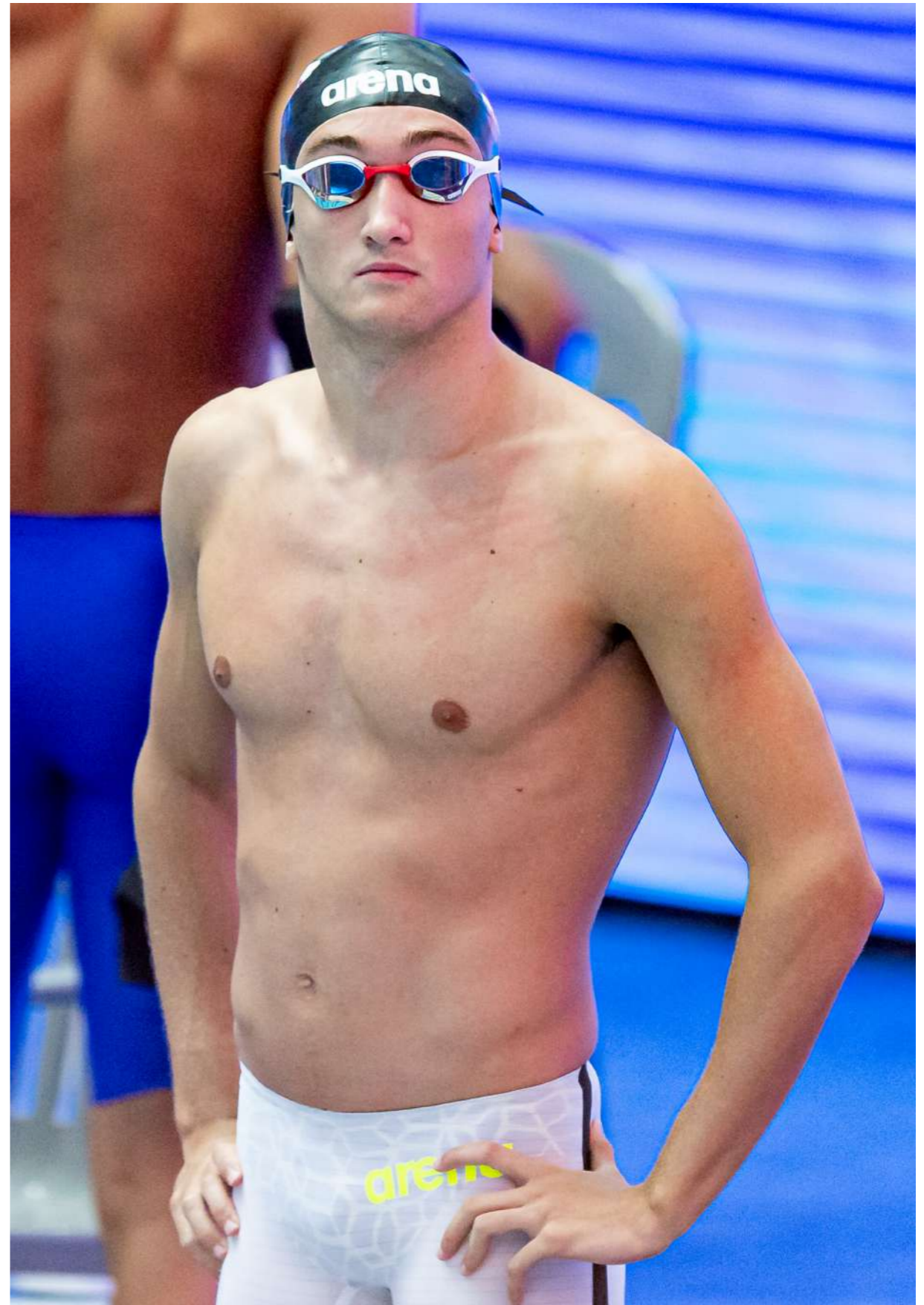
From youth prodigy to Olympic medalist, from abandoning swimming to a new rebirth ...

The role of technical training

How to use knowledge and science to overcome performance crises ...

To do this, however, we must first analyse two aspects:

**WHO IS FEDERICO
BURDISSO AND WHAT
HE DID**



WHAT IT MEANS TO BE A TALENT

*a little bit of science to
understand what area we are
moving in ...*



Talent

Talent is an innate aptitude for an activity. Having talent means being able to easily do something that is difficult for those without talent.



Is Talent Alone Enough?

Absolutely not! To achieve maximum performance, **it requires a lot of hard work**, without which the talent would be unexpressed.

Recognizing and valuing talent

THE THREE KEY POINTS and fundamental role of the coach

going into specifics ...

Federico's evolution during the three phases of managing and maturing his talent

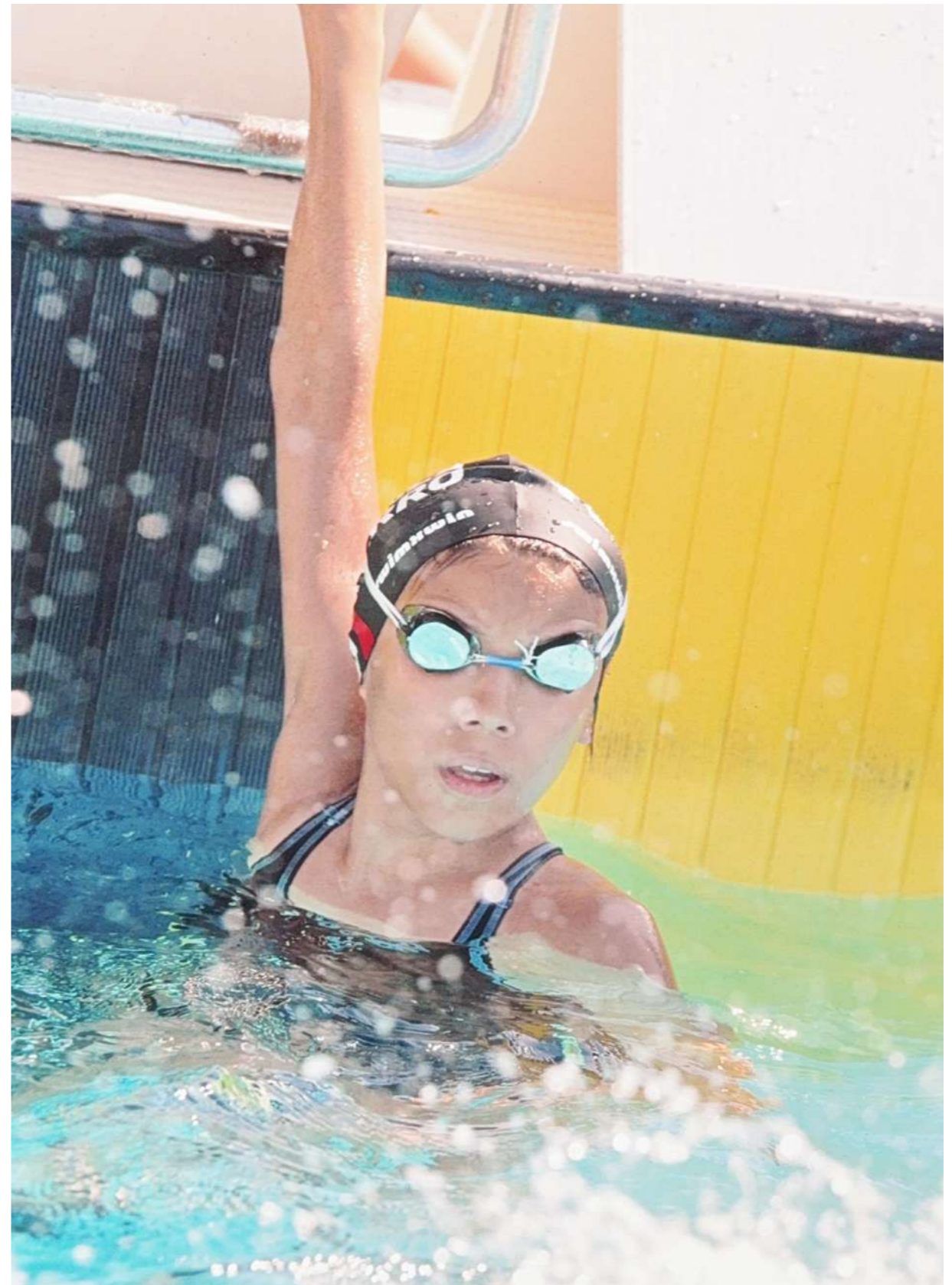
First Phase

Build the athlete

A coach's emphasis on Long-Term Athlete Development (LTAD) is essential to ensuring swimmers reach their maximum swimming potential (or Peak Performance) as adults, once physical and mental maturity has been achieved.

The focus on repetitive technical training and skill development from an early age must be combined with the appropriate duration and intensity of training sets, weekly pool and land-based sessions, competitions, and, above all, challenge and enjoyment. If these factors are considered and systematically implemented by the coach, a swimmer will develop good technique and skills from a young age and will have a better chance of staying in the sport long enough to reach their full potential.

When considering a LTAD program for a swimmer, it's important to consider that most swimmers go through the same developmental stages, **but at different ages and at different rates..**



Martina Rossi - 🇮🇹 Record 200 Back age 13 - 14

In this first phase of his young talent, his development has gone from excellent basic aerobic work and excellent technical management of all the race distances in the freestyle. Gradually, since 2018, he has increased the specific work for the 200 butterfly. His growth and his times forced us to think that he could already be in the swimming of the big ones.



Have vision

After this first phase, an experienced coach with the right amount of courage—and madness—can determine how far the athlete can actually go. He or she just needs to be put in the right position to achieve this. A careful analysis of the national and international context can help us move on to the crucial second phase, the true time frame where peak performance is achieved..

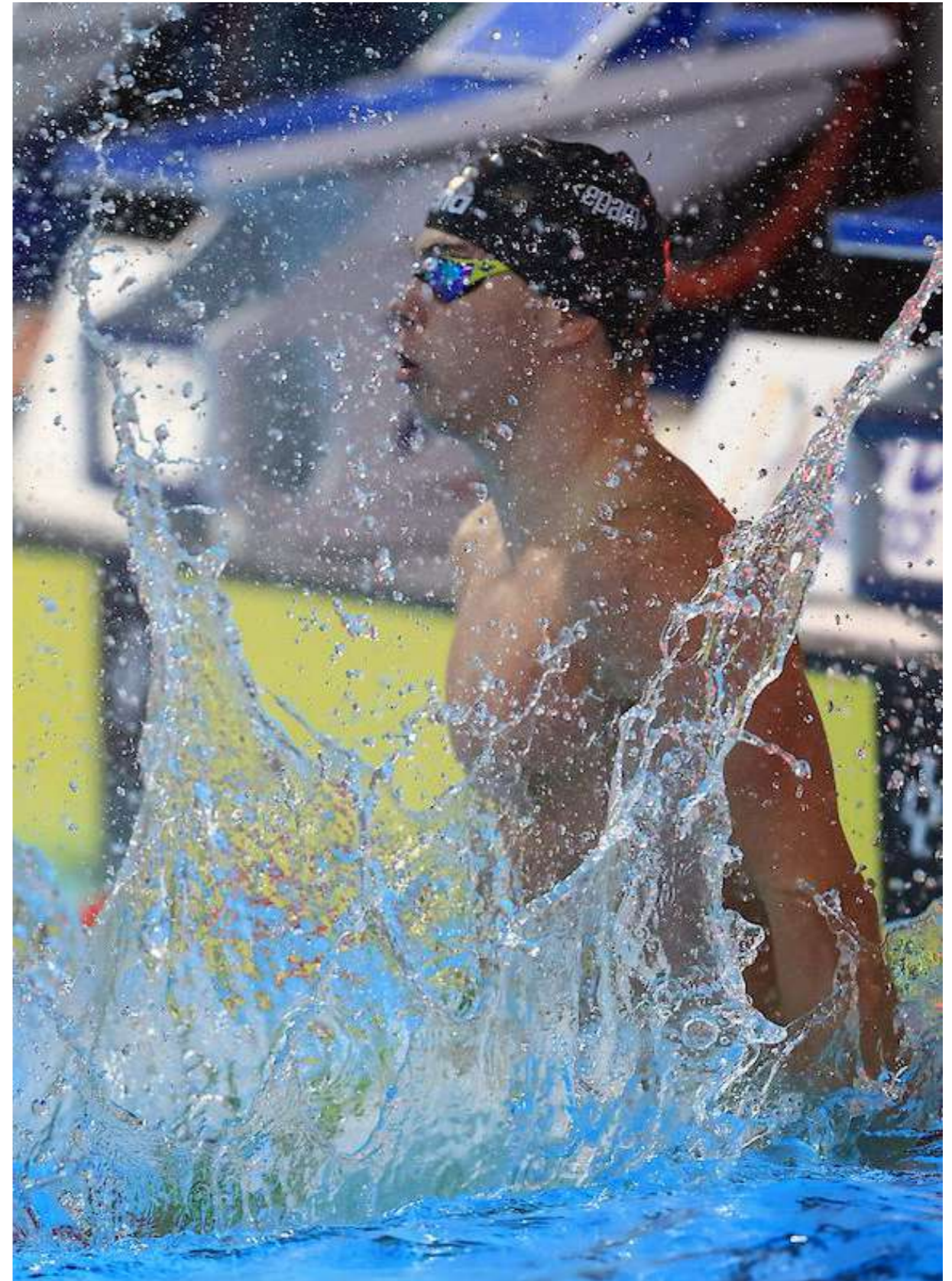


Italian Team - European Champ, Rome 2022

Second Phase

reaching peak performance, what to do and what we did

- (1) Evaluate whether we are dealing with a case of precocious talent or a talent that requires long-term development.
- (2) Build a detailed roadmap for achieving the objective within the established timeframe and methods which includes:
 - A detailed work plan that can be improved and revised, while maintaining its characteristics, from year to year
 - A detailed plan of national and international competitions to ensure that the athlete is physically and mentally prepared for the stress of competition (target race sequence - the Tokyo case).
 - Highly specialized training camps are being introduced. Sea Level and Altitude Camps (two types)
- (3) Developing the right environment (team, managers, coaches) - **FUNDAMENTAL**. The group plays a fundamental role in the growth of individual talent.



Daniele Momoni - European Junior Champ 2024

At this stage, Federico has full technical maturity and obtains the best results ever such as:
two-time Olympic bronze medalist, world champion and vice European champion.



After this first phase of his career, Federico was unable to reach his level again for three years.

As an Olympic medalist, he was no longer able to achieve results and failed to qualify for Paris. He decided to quit swimming .

**but in October 2024 he
decides to start again .**

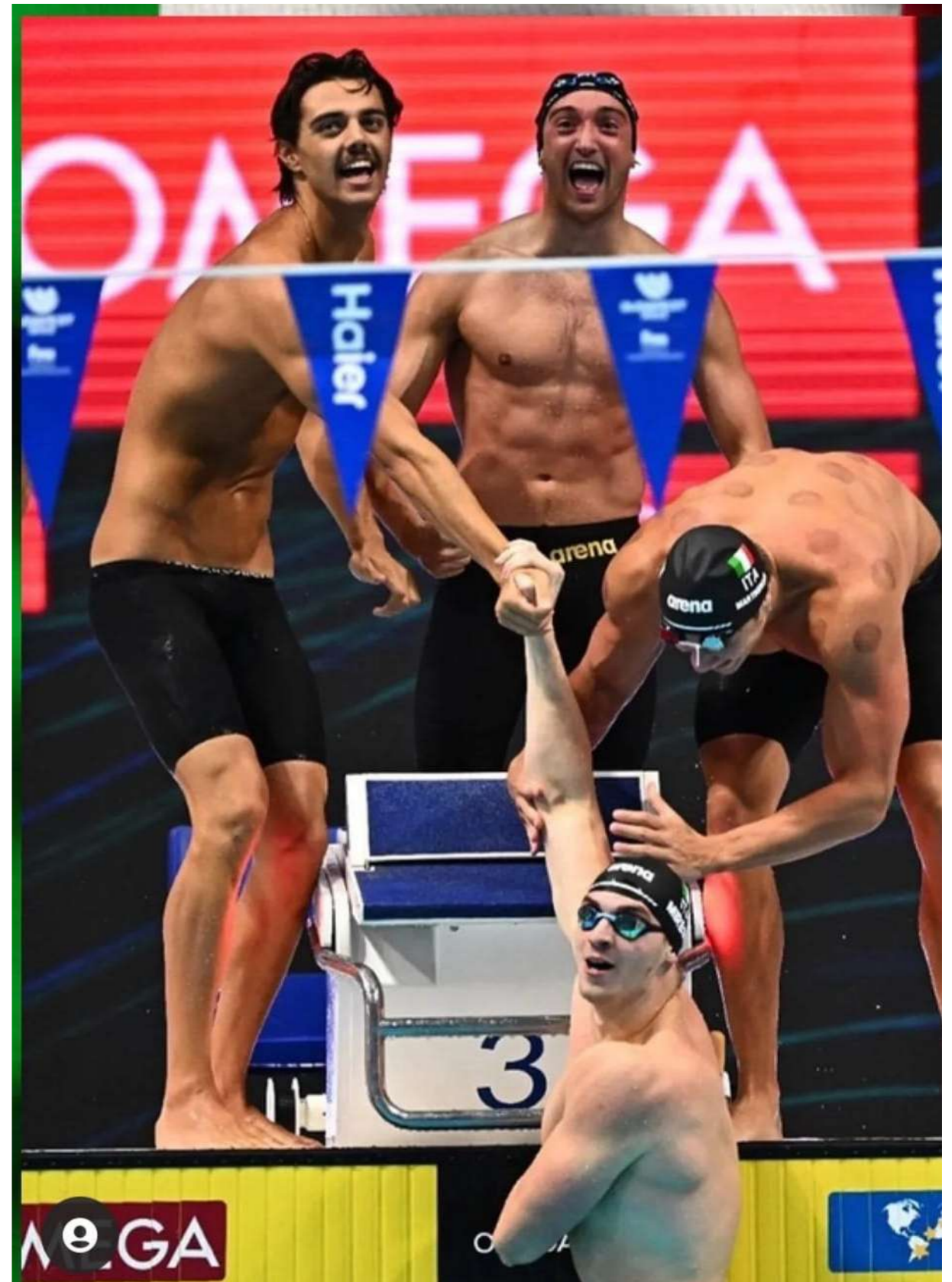
To try to relaunch the athlete Burdisso, I moved precisely by considering all the parts of the third phase, that is.

Third Phase

Maintaining Elite Athlete Status

What is needed:

- (1) Maintaining mental and physical "freshness" (a swimmer's competitive career has now become very long).
- (2) The desire and curiosity to be able to work differently than in the past.
- (3) Shorten periods of intense training and intensify periods of competition.
- (4) Maintain your peak performance, without obsessively seeking to improve your times
- (5) Alternate periods of training at home with periods done in other places.
- (6) Use the toothpaste tube theory



Gold Medal 4x100 Medley - World Champ - Budapest 2022

going into specifics ...

**what I did and what I'm
doing today**

Part I...

**OCTOBER -
DECEMBER 2024**

TARGET...

- Restoring correct dolphin technique
- Rebuilding and strengthening the dolphin kick
- Reconstruction of aerobic quality
- Conviction to return to an aggressive race strategy, it is his mental strength and at higher speeds he is more efficient
- Return to loving to compete

What was done to achieve the objectives...

- In the foreground I did not use even one of the main sets that brought him to the Olympic medal
- Only new set
- SC as base of training initially out of necessity but then by choice
- use of triple sessions

**LET'S SEE IN
DETAIL ...**



14 - 20 OCTOBER, WEEK 4, GENERAL (PREP.) PHASE

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	3	3	2	3	3	2	0
AM Volume	Long WU (IM, P & Pads & Dolph. K Tech K Set	Dolphin Tech Build your pace	U Set Extensive	Lactate Set	Long WU some little progression	*Dolphin Tech Build your pace	Off
NOON Volume	*Aerobic Double Up Set (Long dist.) K Ext. work	Aerobic Set Hint of overload Ply with rest	FRIM & ipo work Dryland	Long WU Aerobic Set	Aer. & An. Thersold	Dryland Aerobic easy long set	Off
PM Volume	Sprint (K) SIW Set Focus on U phase	Tech & Sprint	Off	Specific K W & Tech	Sprint Work	Off	Off

How I reconstructed the race technique .

PROGRESSION EASY SET TO BUILD RACE PACE, 1[^] CYCLE

	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	Re - Start	General (Preparatory)	General (Preparatory)	General (Preparatory)	General (Capacity)	General (Capacity)	General (Capacity)
Set 1	60x25 @ 25 (20x25 FI) 2 - Fr 1 - FI TT: 12.7 7 U K & 6 Stroke	60x25 @ 25 (28x25 FI) 2 - Fr, 1 - FI 2 - Fr, 2 - FI 2 - Fr, 1 - FI 2 - Fr, 3 - FI TT: U K & 6 Stroke	60x25 @ 25 (40x25 FI) 1 - Fr 2 - FI TT: 12.7 7 U K & 6 Stroke	60x25 @ 25 (30x25 FI) 2 - Fr, 3 - FI 2 - Fr, 2 - FI 2 - Fr, 1 - FI TT: 7 U K & 6 Stroke			2 Rounds: 6x25 @ 25 4 on pace 200 2 faster Rec. 1 Round: 50 P. 200 @ 40 2x25 @ 25 faster
Set 2	60x25 @ 25 (20x25 FI) 2 - Fr 1 - FI TT: 12.7 7 U K & 6 Stroke	60x25 @ 25 (28x25 FI) 2 - Fr, 1 - FI 2 - Fr, 2 - FI 2 - Fr, 1 - FI 2 - Fr, 3 - FI TT: U K & 6 Stroke	60x25 @ 25 (40x25 FI) 1 - Fr 2 - FI TT: 12.7 7 U K & 6 Stroke				

PROGRESSION SET TO BUILD AEROBIC WORK, 1[^] CYCLE

	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	Re - Start	General (Preparatory)	General (Preparatory)	General (Preparatory)	General (Capacity)	General (Capacity)	General (Capacity)
Set 1		Double Up Set: 100 - 200 200 - 400 400 - 800 12x50 4 @ 40, 3 @ 35 Best you can do	Double Up Set: 3x100 - 2x50 3x200 - 4x50 3x400 8x50 @ 35 Best You Can	4x200 @ 2:35 holding 2:10 4x200 @ 2:30 holding 2:10 3x200 @ 2:25 holding 2:10 3x200 @ 2:20 built (1-3)	6x100 - 8x50 4 @ 40, 4 @ 35 4x200 - 12x50 4 @ 40, 4 @ 35, 4 @ 40 2x400 - 16x50	10x100 @ 1:20 holding 1:05 10x100 @ 1:15 holding 1:05 10x100 @ 1:10 holding 1:05 10x100 as 2x 2 @ 1:15 und. 1:05 2 @ 1:10 faster 1 easy	4x100 @ 1:20 holding 1:05 4x100 @ 1:15 holding 1:05 4x100 @ 1:10 holding 1:05 4x100 as 2 @ 1:15 und. 1:05 1 easy 1 faster
Set 2		4x200 @ 2:35 holding 2:10 4x200 @ 2:30 holding 2:10 4x200 @ 2:25 holding 2:10 4x200 @ 2:20 built (1-4)	3x300 @ 3:50 holding 3:18 3x300 @ 3:45 holding 3:18 3x300 @ 3:40 holding 3:18 3x300 @ 3:35 built (1-3)				
Set 3		5x800					

Part II...

**JANUARY -
APRIL 2025**

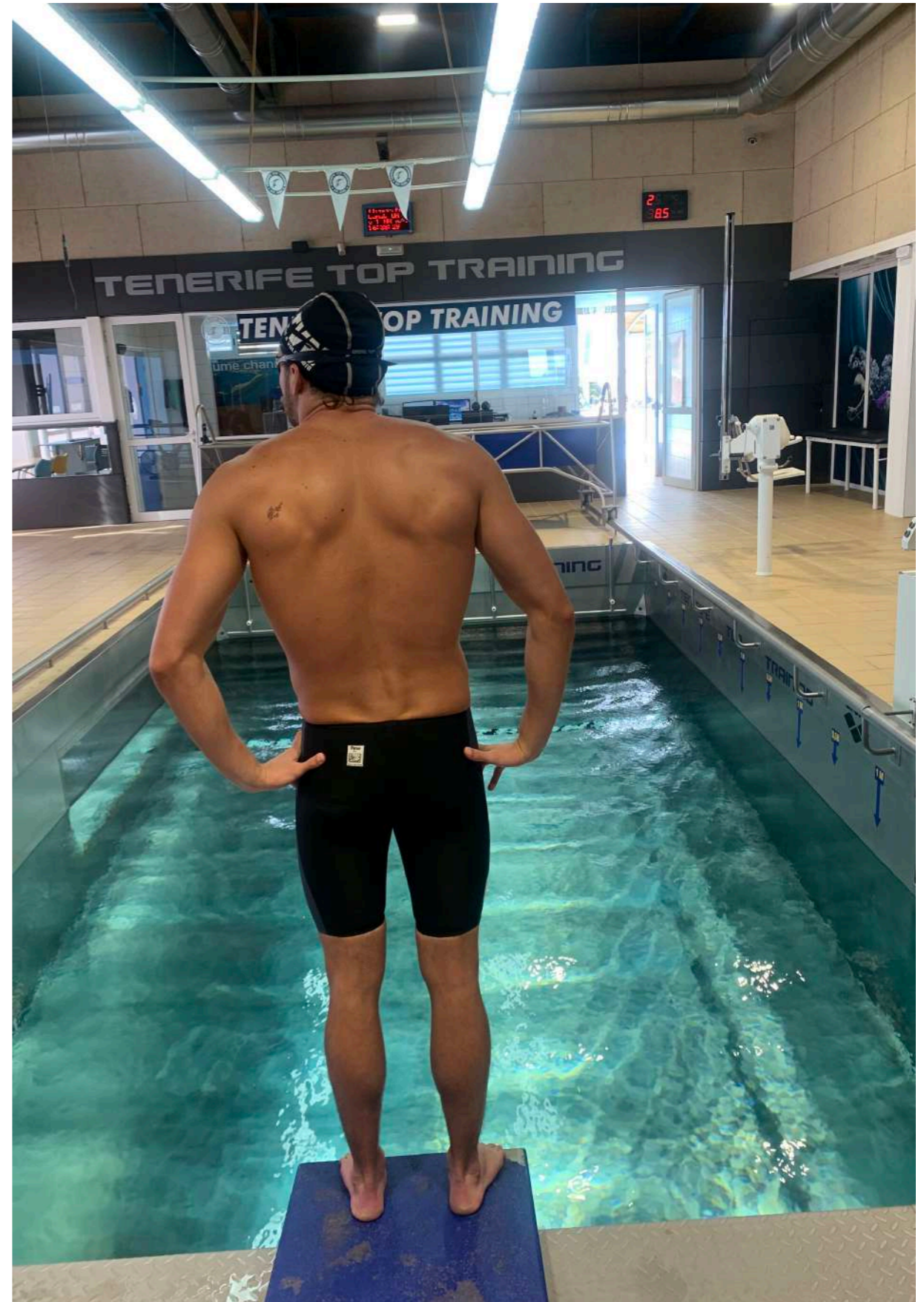
TARGET...

- Regain awareness that it can once again be among the first in Italy
- Shift focus to the 100m butterfly as the key to returning to the national team
- Swim 29.5 in the third 50 of the 200 butterfly
- Change tactics for the final stages of the race (100 or 200), do not increase the frequency but **the strength** while **maintaining the same frequency**

What was done to achieve the objectives...

- **Only new set**
- LC as base of training
- Long Training camp with high level competition immediately after
- Once the technique has been consolidated, insert greater stress into the dolphin work with resting sets in steps, maintaining control of the technique in the most tiring part
- New swimming technique for the 50, timing between the two leg kicks closer but without speeding up the catch
- Strengthening the kick and focusing on the kick on catch as a stabilizer in the advancement
- **use normal double session 2/1**

**LET'S SEE IN
DETAIL ...**



13 - 19 JANUARY, WEEK 4, GENERAL (CAPACITY) PHASE, TRAINING CAMP

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	1	2	2	1	2	2	1
AM Volume	TRAVEL	Aerobic Work	SIW	Overload Work & 50 Set (Fr - Fl) Dryland	Easy work Long WU & Tech, Kick Set	Aerobic Work	Dryland Recovery
NOON Volume	Off	Off	Off	Physiotherapy	Off	Off	Off
PM Volume	Long WU Post Travel	AT (Fly Set)	Lactate Work FES Set	Off	Lactate Work BES Set	AT (Fly Set)	Off

PROGRESSION SET TO BUILD LACTATE SET, 2[^] CYCLE

	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	General (Capacity)	General (Capacity)	General (Capacity) Tenerife	General (Capacity) Tenerife	General (Capacity)	Specific (Utilization) Week off	Specific (Utilization) General
Set 1 Front & Speed FES			(LC) 2x15 - 3x35 - 50 2x15 - 2x35 - 2x50 2x15 - 35 - 3x50				
Set 2 Backend BES			16x50 @ 60 3/1 12x50 @ 70 2/2 8x50 @ 80 1/3 4x50 @ 90 ALL OUT				16x50 @ 60 3/1 12x50 @ 70 2/2 8x50 @ 80 1/3 4x50 @ 90 ALL OUT
Set 3 Top & Speed TES		(LC) 2 Rounds: 12x50 @ 60 - 40		(LC) 2 Rounds: 12x50 @ 60 - 40			
Set 4 Race pace or Competition				Competition:			

PROGRESSION SET TO BUILD LACTATE SET, 2[^] CYCLE

	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14	Week 15	Week 16
Phase	Specific (Utilization)	Specific (Utilization)	Specific (Utilization) Tenerife	Specific (QT) Tenerife	Specific (QT) Recovery W.	Aerobic Recall & Pre Tapering	Pre Tapering & Start Taper Tenerife	Taper Tenerife
Set 1 Front & Speed FES	2x15 - 4x25 - 1x50 2x15 - 3x25 - 2x50 2x15 - 2x25 - 3x50		2x15 - 4x25 - 1x50 15 - 3x25 - 35 - 2x50 2x25 - 35 - 3x50			(LC) 2 Rounds: 50 @ 1:30 15 Dive 50 @ 1:30 25 Dive 50 @ 1:30 35 Dive 50 @ 1:30 50 Dive 2x50 @ 1:30 BES	2 Rounds: 50 @ 1:30 15 Dive 50 @ 1:30 25 Dive 50 @ 1:30 35 (50) Dive 2 (1) x50 @ 1:30 BES	
Set 2 Backend BES		8 Rounds: 2x50 @ 50 fast but controlled speed 50 on BES 150 Rec.		8 Rounds: 2x50 @ 55 fast but controlled speed 50 on BES 150 Rec.	4 Rounds: <u>1</u> x50 @ 55 fast but controlled speed 50 on BES 150 Rec.			
Set 3 Top & Speed TES	(LC) 4 Rounds: 5x50 @ 55 - 40		4 Rounds: 4x50 @ 55 - 40 100	1 Round: 4x50 @ 55 - 40 100 1 Round: 4x50 @ 45 - 35		SAME WEEK: 26.03 (SC) 4 Rounds: 8x25 @ 60 - 30 @ 92-98% Race P. 28.03 (LC) 3 Rounds: 3x50 @ 50 - 45 50 easy 100 (1-3)	3 Rounds: 3x50 @ 2 - Pace 1 - Faster	
Set 4 Race pace or Competition					Competition			50 P.200 - 50 Easy 100 Push 50 P.200 - 50 Easy 2x50 in 10 sec. 2x50 in 10 sec.

As you can see, we use different way to train lactate system...

- FES Set, first part of race like 15 - 25 - 35 distance all from dive
- BES Set, second part of race
- TES Set, manati pace with descend rest in the set
- Race Pace
- Competition as train

PROGRESSION SET TO BUILD AT SET, 2[^] CYCLE

	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	General (Capacity)	General (Capacity)	General (Capacity) Tenerife	General (Capacity) Tenerife	General (Capacity)	Specific (Utilization) Week off	Specific (Utilization) General Recall week
Set 1		(LC) 2 Rounds: 3x100 @ 1:30 2 - Fr (1-2), 1 - FI 2x50 in 10" @ 1:40/50 E. 2x100 @ 1:25 1 - Fr, 1 - FI 2x50 in 10" @ 1:35/50 E. 1x100 FI @ 1:20 2x50 in 10" @ 1:30/50 E.	(LC) 2 Rounds: 3x100 @ 1:30 2 - Fr, 1 - FI 2x50 in 10" @ 1:40/50 E. 2x100 FI @ 1:25 2x50 in 10" @ 1:35/50 E. 1x100 FI @ 1:20 2x50 in 10" @ 1:30/50 E.	16x100 4 @ 1:15 (1-4) 4 @ 1:10 HP 20x50 4 @ 40 (1-4) 4 @ 35 HP 1 @ 60 easy 1 @ 60 Faster	(LC) 4x100 (1-4) @ 1:20 8x50 HP @ 35 (1s @ 60) 3x100 (1-3) @ 1:15 6x50 3 - HP @ 35, 1 - easy @ 40, 2 - faster @ 40 (1s @ 60) 2x100 HP @ 1:10 4x50 2 @ 40 HP, 1 easy, 1 - Pace 200		4x250 (1-4) 6x50 @ 50 FI (1s @ 60) Hold 29.5 4x200 (1-4) 6x50 @ 45 FI (1s @ 60) Hold 29.5 4x150 (1-4) 6x50 @ 40 FI (1s @ 60) Hold 29.5 4x100 (1-4) 6x50 as 2 @ 35 FI, 1 easy Hold 29.5
Set 2			(LC) 2 Rounds: 3x100 @ 1:30 2 - Fr, 1 - FI 2x50 in 10" @ 1:40/50 E. 3x100 FI @ 1:25 50 E. 1x100 FI @ 1:20 2x50 in 10" @ 1:30/50 E.				20x150 4 - aerobic pace (1-4) @ 1:50 6 - AT HP @ 2:00 100 Fr, 50 FI

What differences have I found in coaching Burdisso compared to the past?

***There's certainly no linearity in time** between performance levels in training and in competition. Even if you can already do it, it takes longer to achieve it in competition.*

to take into consideration...


Part III...

**APRIL -
AUGUST 2025**

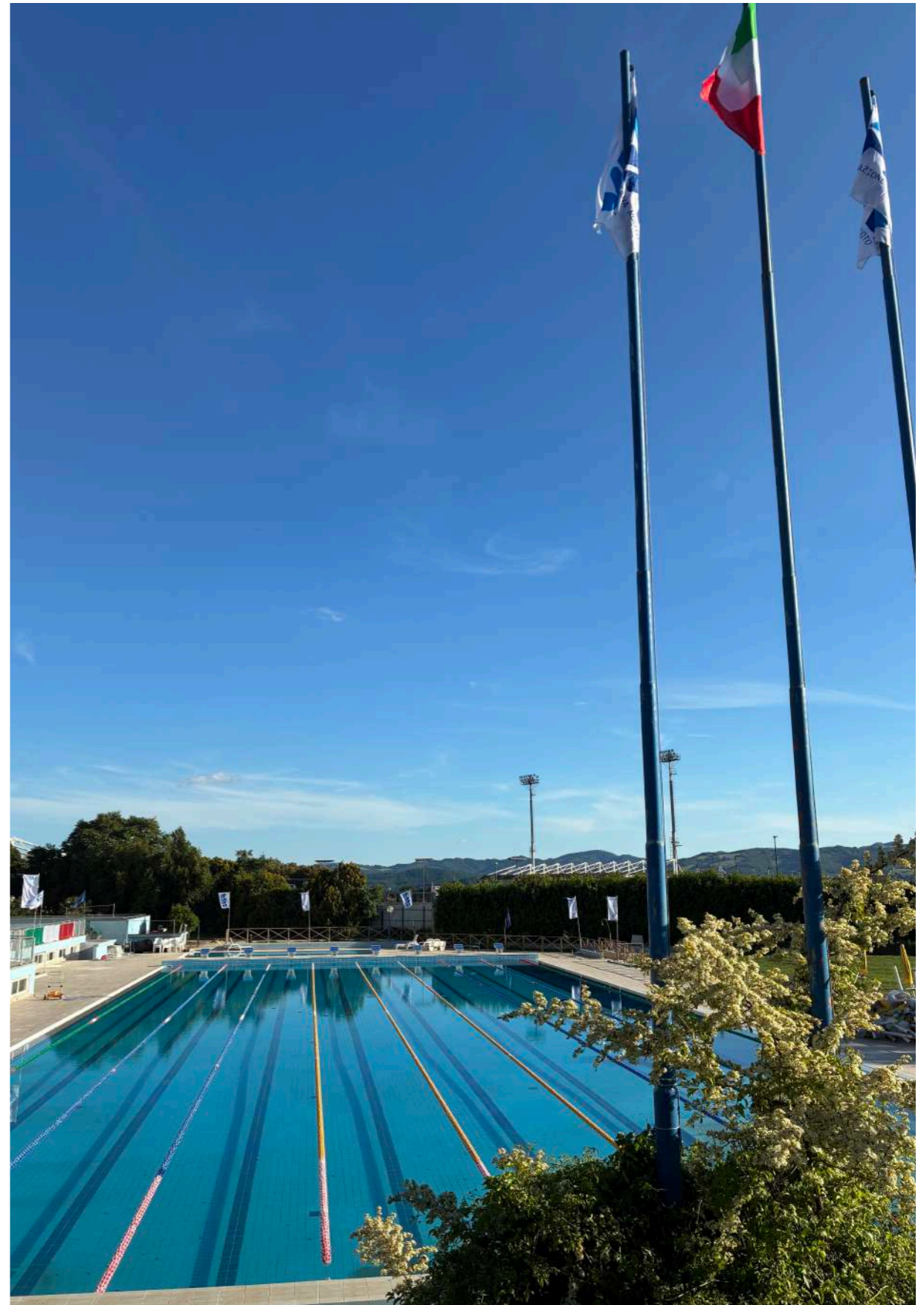
TARGET...

- World Championship qualification
- Getting closer to your own best personal
- Then, after qualifying, reach the final at the world championship
- Include the 100m freestyle in your race program

What was done to achieve the objectives...

- Training base: Home - 
GUBBIO, not training camp
- Very short cycle, only 8 weeks
- Participation in many medium-level competitions, swimming the 200 butterfly as many times as possible
- Lactate work, a mix of short rest sets and high-rest sets.
Go beyond race speed, maximizing swimming efficiency.
- **Reusing old work set**

**LET'S SEE IN
DETAIL ...**



8 - 15 JUNE, WEEK 8, SPECIFIC (QT) PHASE

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session	1	2	2	1	2	1	2	2
AM Volume	(LC) Long WU & K (ipo) Work	(LC) Lactate Work FES Set	(LC) Recovery & Tech	(LC) AT & Pace Work	(LC) Aerobic work	Off	RACE	RACE
NOON Volume	Off	Off	Off	Off	Off	Off	Off	Off
PM Volume	Off	(LC) Lactate Work TES Set	(LC) Aerobic long distance	Off	(LC) Pre Race	RACE	RACE	RACE

PROGRESSION SET TO BUILD LACTATE SET, 3[^] CYCLE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
Phase	General (Prep.)	General (Capacity)	General (Capacity)	Specific (Utilization)	Specific (Utilization)	Specific (Utilization)	Specific (QT)	Specific (QT)
Set 1 Front & Speed FES				(LC) 4x35 4x50 2x75			(LC) 2 Rounds: 50 @ 1:30 15 Dive 50 @ 1:30 25 Dive 50 @ 1:30 35 Dive 50 @ 1:30 50 Dive 2x50 @ 1:30 BES	(LC) 6 Rounds: 15 Dive 25 Dive 35 Dive
Set 2 Backend BES		4 Rounds (FI - Bk - Br - Fr) 6x50 @ 60 Desc. in pairs 2 > 2 3x100 Rec. 4x50 @ 70 Fast 3x100 Rec.		(LC) 6 Rounds: 2x50 @ 50 fast but controlled speed 50 on BES 150 Rec			(LC) 6 Rounds: 2x50 @ 50 fast but controlled speed 50 on BES 150 Rec	
Set 3 Top & Speed TES					(LC) 3 Rounds: 9x50 as 3 (1-3 to 200 Pace) @ 75-70-65 3 200 Pace @ 50 3 All Out @ 75			(LC) 4x50 @ 55 - 40 100 5x50 @ 55 - 40 4x50 @ 55 - 45 3x50 @ 55 - 50
Set 4 Race pace or Comp.			Competition: 50 - 100 - 200 FI 50 - 100 - 200 Fr		Competition: Mare Nostrum 5 events	Competition: 2 events		Competition: 7 events



In conclusion

Burdisso, after three years, returns to his level, almost reaching his personal bests and reaching the final at the world championship ...

**The first part of the work
is finished**

Part IV...

**SEPTEMBER -
DECEMBER 2025**

TARGET...

- Improve the technique without a stressful cycle (it will be a very long season)
- Get all the best personal of SC events
- Use the SC not to restore technique **but now to improve it**
- Learn to compete at your best in situations outside of your comfort zone

What was done to achieve the objectives...

RACE - RACE - RACE

Train by COMPETING

World Cup - European SC Champ - Italian Champ

Burdisso, after these period he achieved all his personal best in SC: 100 FI 50.30, 50 FI: 23.12, 100 Free: 47.36

**Now we are ready for
new goals**

Now what will we do...

We will use the toothpaste tube theory

What does it consist of?...

When you have already done and tried everything, remember that by squeezing in the right places, as if it were a toothpaste tube, you can still get something. ...

And remember:

**For this long road to
become a journey,
remember that...**

*“There is no victory
without sweat.”*

*“You can use the time or
let it pass”.*

