

Ol Tokyo 2021



Kaj je potrebno za dosego OI medalje?

- Izbor kandidatov glede na traso proge in sposobnosti športnika
- Kakovostna ekipa, v kateri kolesar nastopa
- Tekmovalni program, prilagojen OI
- Ekipni duh, osredotočenost, sproščenost itn.
- Mora ti biti namenjeno



Izbor kandidatov glede na traso cestne dirke

- 4 mesta glede na UCI ranking
- Zahtevna trasa (4865 višinskih metrov, visoke temperature in visoka vlažnost)
- Sposobnosti kandidata glede na traso dirke
- Trenutna pripravljenost kandidata



Izbor glede na traso kronometra

ITT 44 km (2X krog 22 km z 420 višinskih metrov)

Kandidati : Roglič, Tratnik, Pogačar

- Tratnik zmagal DP, Pogačar zmagal kronometer na Touru, Roglič zmagal kronometer na Basque country
- Roglič padel na TDF: sreča v nesreči
- Van Aert zmagal zadnji krono na TDF, na Ol 6



Kakovostna ekipa

- Strokovni team ki omogoča pravo podporo
- Primeren tekmovalni koledar , priprave , testiranja, vrhunska oprema
- Nutricionist
- Trener
- Mehanik
- Maser
- Doktor
- Fizioterapevt
- Kuhar
- Manager športnika
- Team manager
- Športni direktor
- Selektor



Tekmovalni program s ciljem OI

- Motiviranost kolesarja
- Podpora ekipe glede na koledar in nacionalnost!!!
- Prilagajanje koledarja glede na formo kolesarja



Tekmovalni program prirejen Ol

Različne poti do cilja

28.07	1		Olympic Games - ITT (Olympics)	44.2	300	350	more
24.07	28		Olympic Games Road Race (Olympics)	234	17	20	more
26.06 - 18.07							
04.07	DNS		Stage 9 - Cluses - Tignes	144.9			
03.07	175		Stage 8 - Oyonnax - Le Grand-Bornand	150.8			
02.07	65		Stage 7 - Virezon - Le Creusot	249.1			
01.07	74		Stage 6 - Tours - Châteauroux	160.4			
30.06	7		Stage 5 (ITT) - Chagné - Laval Espace Mayenne	27.2	22		
29.06	61		Stage 4 - Redon - Fougères	150.4			
28.06	92		Stage 3 - Lorient - Pontivy	182.9			
27.06	3		Stage 2 - Perros-Guirec - Hû-de-Bretagne Guerlédan	183.5	50	25	
26.06	3		Stage 1 - Brest - Landerneau	197.8	50	25	
25.04	13		Liège-Bastogne-Liège (UWWT)	259.1	38	50	more
21.04	2		La Flèche Wallonne (UWWT)	193.6	150	320	more
18.04	69		Amstel Gold Race (UWWT)	218.6	5		more
05.04 - 10.04							
1							
1							
1							
						250	400
10.04	2		Stage 6 - Ondarra - Arrate (Eibar)	111.9	30	20	
09.04	7		Stage 5 - Hondarribia - Ondarra	160.2	4		
08.04	14		Stage 4 - Vitoria-Gasteiz - Hondarribia	189.2			
07.04	2		Stage 3 - Amurrio - Ermautze (Laudio)	167.7	30	20 -H	
06.04	6		Stage 2 - Zalla - Setao	154.8	7	-H	
05.04	1		Stage 1 (ITT) - Bilbao - Bilbao	13.89	50	50 -H	
07.03 - 14.03							
3							
1							
15						40	35
14.03	56		Stage 6 - Le Plan-du-Var - Levens	92.7			
13.03	1		Stage 7 - Le Brec - Valdèloire La Colmière	119.2	50	60 -H	
12.03	1		Stage 6 - Brignoles - Biot	202.4	50	60 -H	
11.03	42		Stage 5 - Vienne - Bollène	200.2		-H	
10.03	1		Stage 4 - Chalon-sur-Saône - Chiroubles	187.6	50	60 -H	
09.03	3		Stage 3 (ITT) - Gien - Gien	14.4	18	10	
08.03	37		Stage 2 - Orville-sur-Montcient - Amilly	188			
07.03	45		Stage 1 - Saint-Cyr-L'École - Saint-Cyr-L'École	165.8			

8529 km in 52 days | PCS points: 2599 | UCI points: 3924



			Olympic Games Road Race (Olympics)	234	20	400	more
26.06 - 18.07							
3							
						150	120
1							
6							
						100	1000
18.07							
Stage 21 - Châtenay - Paris-Champs-Élysées						188.4	
17.07	6		Stage 20 (ITT) - Muret - Castelnau	26.8	25	-H	
16.07	26		Stage 19 - Muret - Lorient	387		-H	
15.07	1		Stage 18 - Pau - Luz Ardiden	126.7	60	120 -H	
14.07	1		Stage 17 - Pau - Valcarlos (Côte de la Basque)	178.4	100	120 -H	
13.07	14		Stage 16 - St-Paul-de-Léon - Saint-Gaudens	188	7	-H	
12.07	22		Stage 15 - Pau - Muret	261.3		-H	
11.07	18		Stage 14 - Castelnau - Lorient	482.7		-H	
10.07	26		Stage 13 - Muret - Castelnau	210.8		-H	
09.07	21		Stage 12 - Pau - Valcarlos (Côte de la Basque)	228.4		-H	
08.07	4		Stage 11 - Saint-Paul-de-Léon - Saint-Gaudens	188.4	40	15 -H	
07.07	25		Stage 10 - Muret - Castelnau	148.7		-H	
06.07	6		Stage 9 - Pau - Muret	148.8	20	-H	
05.07	4		Stage 8 - Castelnau - Lorient	128.8	40	15 -H	
04.07	26		Stage 7 - Muret - Castelnau	261.3		-H	
03.07	25		Stage 6 - Pau - Valcarlos (Côte de la Basque)	188.4		-H	
02.07	1		Stage 5 (ITT) - Chagné - Laval Espace Mayenne	27.2	22	10	
01.07	18		Stage 4 - Redon - Fougères	150.4			
30.06	3		Stage 3 - Lorient - Pontivy	182.9			
29.06	3		Stage 2 - Perros-Guirec - Hû-de-Bretagne Guerlédan	183.5	50	25	
28.06	6		Stage 1 - Brest - Landerneau	197.8	50	25	
20.06 - 26.06							
						175	2
						26.5	2
06.06 - 12.06							
1							
4							
						150	200
22.06							
Stage 5 - Ljubljana - Ljubljana						212.1	
21.06	2		Stage 4 - Ljubljana - Ljubljana	284.1	15	15 -H	
20.06	18		Stage 3 - Ljubljana - Ljubljana	185.4		-H	
19.06	1		Stage 2 - Ljubljana - Ljubljana	147	30	30 -H	
18.06	45		Stage 1 - Ptuj - Ptuj	151.1		-H	
17.06	1		Stage 0 - Ljubljana - Ljubljana	284.1	275	200	more
16.06	1		Stage 0 - Ljubljana - Ljubljana	185.4		-H	
02.04 - 09.04							
3							
3							
						100	200
09.04	18		Stage 5 - Oñate - Oñate (Eibar)	111.9	30	20	
08.04	13		Stage 4 - Oñate - Oñate	160.2			
07.04	1		Stage 3 - Amurrio - Ermautze (Laudio)	167.7	30	20	
06.04	6		Stage 2 - Zalla - Setao	154.8	7	-H	
05.04	1		Stage 1 (ITT) - Bilbao - Bilbao	13.89	50	50 -H	
03.03 - 10.03							
3							
1							
						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
3							
1							
						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
3							
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						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
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15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
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03.03 - 10.03							
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12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
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03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
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14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
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12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
14.03	6		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
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03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
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13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
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18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26		Stage 1 - Guadalupe - Guadalupe	188		-H	
16.03	2		Stage 0 - Guadalupe - Guadalupe	200	30	25 -H	
15.03	1		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
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13.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
12.03	4		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
11.03	26		Stage 0 - Guadalupe - Guadalupe	148	50	40 -H	
03.03 - 10.03							
3							
1							
						250	500
18.03							
Stage 2 (ITT) - San Sebastián del Trío - San Sebastián del Trío						18.1	15
17.03	26						

Ekipni duh, osredotočenost, sproščenost

- Se gradi tekom celotnega ciklusa
- Pomembno: izbira strokovnega osebja (maser, mehanik vodstvo)
- Športnik ne sme preveč čutiti logističnih problemov OI
- Osredotočenost pri pravih tekmovalcih ni nikoli problem



Mora ti biti namenjeno

- Ogromno dejavnikov, ki vplivajo na rezultat (padec, defekt, zaprt v šprintu, taktika ostalih reprezentanc...)
- Pravi šampion velikokrat pravi čas na pravem mestu



Hvala za
vašo
pozornost

