



# Renato Canova



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***“A Kenyan runner’s mentality is to run at the right speed. The Western runner’s mentality is to run the right distance.”***

## CANOVA BACKGROUND:

Renato Canova, now aged 73 (in 2018) has dedicated much of his life to pioneering the training of the world’s most renowned athletes. Under his guidance, his athlete’s in accumulation have achieved 42 Olympic and World Championship medals, and has been involved in over a dozen world records, all in the sport of mid-long distance running.

Canova was once a talented decathlete, with ambitions of representing his country Italy at international competition. While a decathlete, he also assisted coaching 5 up-and-coming Italian athlete’s, who thrived under his lead. Due to the Italian Athletic

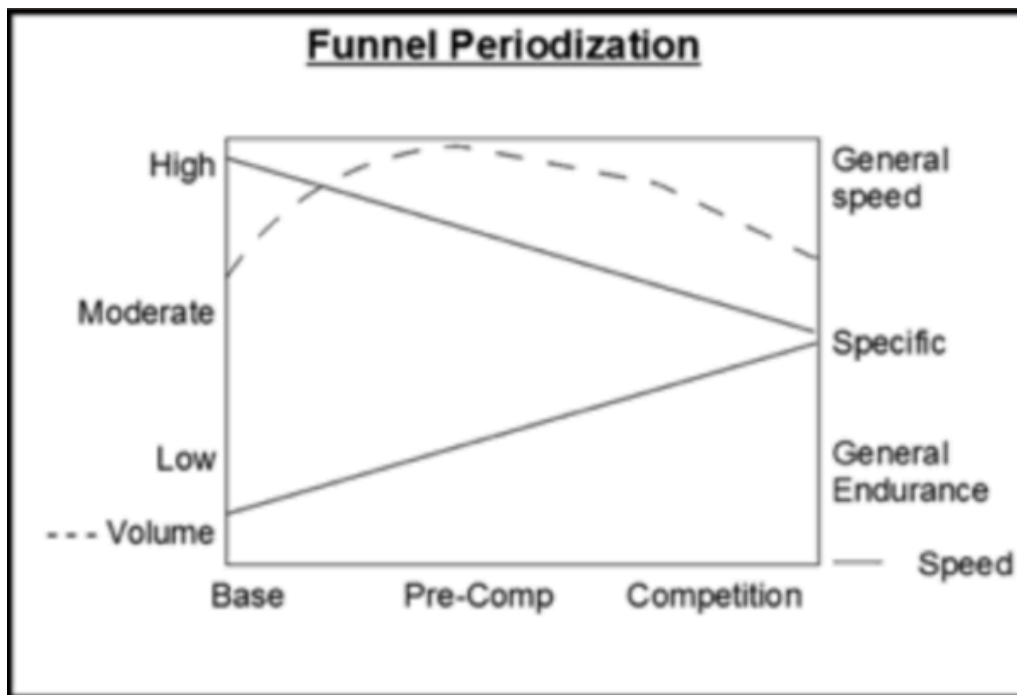
Federation's (FIDAL) then rules, Canova could not simultaneously coach national athletes while also competing nationally. Prohibited to fulfill both his decathlon and coaching ambitions, Canova gave up his own athletics pursuit to take-up coaching. Soon afterwards, Canova was hired by FIDAL as an official coach. His first position was the coach of the 400m and 4x400m relay teams.

it a decade later, Renato Canova began coaching the national marathon team, which included coaching Olympic champions, [Gelindo Bordin](#) and [Stefano Baldini](#). Canova's career has also included national team coaching roles for Qatar and China. Canova has also worked with athlete's around the world on an individual short and long-basis.

Renato now lives in Kenya, where he coaches a squad of international level runners including the likes of: [Abel Kirui](#), [Wilson Kipsang](#), [Florence Kiplagat](#), and European marathon record holder (2017) Sondre Moen.

***"Training is everything that you do in your life that can modify or can build some different characteristic"***

## CANOVA PERIODIZATION OUTLINE:







Source: *The Science of Running*

***"Training is not the work you do but the effect it has on your body"***

The premise of Renato's training is to extend an athlete's ability to last a given pace, otherwise put, extend the length of time an athlete can run at the specific goal race pace until you reach the full race distance. Thus every event is matter of extension.

To do so, you have to increase the volume of the specific training stress as you approach competition. You thus progress your focus from General -> Special ->

-  ific training throughout a season. As the figure above indicates, base training as both ends of the training spectrum, high and low intensity stress. In other
-  s, focusing (on the main goal but not in isolation) on general attributes like raw
-  d and raw endurance and then progressing throughout the season to combined into specific speed endurance. While doing so, no attribute at any given stage of
-  ining program is ever left out, simply 'less trained' due to lower priority and focus.

**RENATO CANOVA'S ATHLETE'S TRAINING PROGRAMS CAN BE FOUND [HERE](#)**

## CANOVA TRAINING TALKS:

Renato Canova Mile Training (1600m Training, 1500m Train...





## El método Renato Canova. Claves del entrenamiento de ma...



## TRAINING DOCUMENTS

### **RENATO CANOVA ON SPEED:**

- The key of training is to increase the SPECIFIC SPEED ENDURANCE, not the speed.
  - Preparing 5000m, we continue to use sessions of speed, not faster than before, but with more volume at the same speed. This system can make the athlete more "specifically" resistant, so also better in the shorter distance.
  - For athletes aerobically very strong, to look at the improvement of speed as main goal is, in my opinion, a methodological mistake.
-  or me, the evolution of training is to ADD what you don't have, not to REPLACE what you already have.
-  1 training, the limit is not in what you do, but in what you DON'T DO.



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26 Sept. 2011

Something New in Training:  
The Methods of Renato Canova  
Written by John Davis )

Easter weekend of 2009 was called “the weekend that changed marathoning forever,” after 13 Kenyans broke 2:09 at the Rotterdam and Paris marathons, including Duncan Kibet and James Kwambi, who both ran 2:04:27 at Rotterdam in a sprint finish. In the wake of this stunning weekend, Renato Canova made a series of posts on Letsrun.com concerning the training methods employed by himself and Italian compatriot Claudio Berardelli. Berardelli coaches world-class Kenyan athletes from 800m to the marathon, as does Canova. I will lay out a synopsis and analysis of the training methods of Renato Canova and explore this concept of “something new in training”: namely, why Kwambai and Kibet can run relatively low mileage and have success in the marathon, whereas others like Martin Lel and Robert Cheruiyot train with a more traditional high-mileage approach. I have “translated” much of the paces, distances, and times into the imperial unit system to make them more accessible to an American audience.

Without further introduction, we will first learn the basic workings of Renato Canova’s training program for elite runners from 800m to the marathon. Canova categorizes workouts as belonging to one of four categories: regeneration, fundamental, special, and specific.

**Regeneration** is easy running that is designed to expedite recovery from hard training sessions. According to Canova, blood lactate levels can remain elevated for 2-3 days after a hard effort if a regeneration run is not used to ‘flush out’ the body. Regeneration is a pace approximately 60-70% of the anaerobic threshold (AnT). Canova uses the example of a top marathoner with an AnT of 4:30/mi. For him, regeneration pace works out to about 5:50/mi or slower (see page 9 for an important note on percentages).

**Fundamental** training is comprised of long, continuous runs at roughly the aerobic threshold (AeT) or a bit slower. Canova illustrates this pace with a 15:00 5k runner (presumably female). Her



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