



Integrated Coaching Lab



Fabrizio Tacchino is a coach and instructor of the Italian Cycling Federation. Fabrizio was born in Ovada, Alessandria county, on the border between Piemonte and Liguria regions and he still lives in the same area. He has a degree in Kinesiology at the Turin University. These are his most current professional responsibility:



1. Coaching Para Olympic athletes: Vittorio Podesta' e Fabrizio Macchi (world champion)
2. Coach for the **Track** National - Cycling Italian Federation – Liguria Region
3. He coaches Pozzovivo (Italian Pro – CSF team - 2nd place at stage 15 of this year 2008 Giro d'Italia, stage with arrival at the Top of the Marmolada in the Dolomites.
4. Instructor for Sports operators for the Liguria Region
5. Training Consulting at the Center of Sport Medicine in Ovada (Al)
6. Instructor in two fitness clubs: PalaDonBosco and Gymnica Sport Training Center
7. Writer for the Cycling Magazines like : Ciclismo”.
8. Instructor for MTB coaches
9. He also coaches juniors and U23 and in the past he coached an amateur women team
10. He has also been teacher and mentor for thesis at the University for the department of Kinesiology.
11. He is a strong amateur cyclist and racer himself



Fabrizio's trait: Fabrizio would divide athletes between who has “il motore” (the engine”) and who does not. If you are 15 years old and have less than 380 watts at threshold you don't have “il motore” and you're out of his main focus and attention.

My view on this: Fabrizio, do not forget that the power of the mind and determination, sometimes, may defeat the one with few more watts but with a cocky personality.