



The Obiettivo 3 team puts the first 5 candidates in the saddle

This morning in Noventa Padovana the athletic and physical tests of the top 5 candidates of the new project "Obiettivo 3 – Verso Tokyo 2020" were performed and the workouts began. Five guys are already in their Paralympic dream

Obiettivo 3 goes to the second phase and for five guys a dream that is called Tokyo 2020 begins. The project of Obiettivo 3, led by **Alex Zanardi**, aims to be a useful tool to figure out the difficulties that disabled people usually come across to undertake a sporting activity. Today's physical and athletic test was carried out for the first five candidates of the project, and specific equipment was delivered to start the workout independently. For **Laura Bassi, Omar Ciuto, Andrea Offredi, Veronica Frosi** and **Flavio Gaudiello** it has been a special day and hopefully it will be the first step towards a long and exciting adventure. They are the top five people selected by Obiettivo 3 at the meeting that took place in Maniago last May, on the World Cup Test of Para-Cycling.

Works started early in the morning at the BTS Bioengineering laboratories in Noventa Padovana, under the scrupulous guidance of Francesco Chiappero, former coach of Alex Zanardi, the Paralympic champion as well as the talent manager of Obiettivo 3, Giorgio Farroni and the technicians of No Limits Sport of Florence which is partner of the project.

The session was an occasion for a course on training methodologies, on the importance of nutrition and food integration; then they focused on the physical evaluation work with a specific test studied by Chiappero, by which the athletic qualities and the ability to work of the individual candidates were evaluated. In addition, thanks to the equipment provided by BTS Bioengineering, a biomechanical evaluation of the individual candidates was also carried out based on a protocol developed over the years thanks to the experience with Alex Zanardi and the Paralympic Champion Vittorio Podestà.

The aim of the day was to understand the capacity and starting level of each of the five guys, in order to build and adapt a customized work program that will be delivered in the following days. Meanwhile, Handbikes have been delivered with specific features that meet the various disabilities and sizes of the athletes. Thanks to the collaboration with Enervit, Castelli, Kask and Garmin, the guys have also been delivered a package of materials that are extremely useful for the activity: dietary supplements, tailored technical clothing, protection helmet of the belonging category color in accordance to UCI regulation and an ultimate tool, Edge 520, with which our athletes will record their workouts, download them on the digital platform created by Chiappero, in order to maintain a direct digital connection that will allow him to follow them remotely, record their progress and make the necessary adjustments to the work they will be carrying out.

The program has therefore begun. Today for Laura, Omar, Andrea, Veronica and Flavio begins a new adventure; in their calendar, there is already a checked box that is three months from today, the fateful date when they will be asked about the progresses made with a new evaluation test.

Good work guys and above all, enjoy yourself!

Alex Zanardi's comment:

"Obiettivo 3 has a declared vocation and a clear ambition: it appears to be a decisive tool to inspire curiosity and put people with disabilities in the condition of discovering, starting and pursuing a sporting project.

The ambition is that at least three of the people who will be part of our community are able to grow sportingly to compete with me and George at the upcoming Tokyo 2020 Games ...

Because, come on, we want to join them too! "

What is Obiettivo 3?

Obiettivo 3 is a project aimed at recruiting, starting and supporting, concretely and economically, disabled people who want to start practicing a sports activity.

As the name of the project says, the ultimate goal, or rather its ambition, is to go beyond the first run to sport of as many people as possible, to identify at least three candidates able to grow up and get qualified for the next Paralympic Games of Tokyo 2020. The Paralympic Games represent a unique showcase in the world, a very important opportunity to show that disability is a feature and not a limit. Bringing three athletes to Tokyo becomes for Obiettivo 3, on the one hand the final crowning of a long and complex path, on the other, the creation of new positive models not only for the disabled world but also and above all for our society.

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