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Pellegrini: first month with Lucas

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It has been a month since Federica Pellegrini's first training in Paris under the guidance of Philippe Lucas and the Italian swimming diva appears more and more quiet and confident at this time of year. Just back in the French capital after a two-week rally in Cyprus with fiancé Luca Marin and new teammates Leveaux, Stasiulis and Potec, the World and Olympic champion is eager to take to the water for the year's first contests. Next week-end she will be in Rome for the "coppa Brema", a competition which awards the national title per club. After this Italian stop, she will be back in Paris before taking part in the Italian Championships in Riccione from April 13-17, a very important test in sight of the FINA World Championships in Shanghai next July: there, Pellegrini will be at the start of the 100m, 200m, 400m and 800m freestyle.

Pellegrini moved to Paris to train with new coach Philippe Lucas, former coach of the Italian's rival Laure Manaudou. Pellegrini has been training since the beginning of February at the LARGARDÈRE Centre where Lucas also coaches Amaury Leveaux and Benjamin Stasiulis. Pellegrini said she would return to Verona to make the final refinements to her preparations for the FINA World Championships on Shanghai. The Italian national team are in training camps: the pool swimmers in Fort Lauderdale, Flagstaff and Coral Springs in the United States and the open water swimmers in Perth, Australia.
