The key to success

Get ready! This practical guide contains a training plan consisting of a 14-week build-up divided into 3 periods: focusing on speed in the first month, strength in the second and power in the third. Each week includes 3 sessions: one for basic conditioning, one for long intense efforts and one for climbing training.

<table>
<thead>
<tr>
<th>BASIC CONDITIONING</th>
<th>The aim of this session is to increase your stamina and endurance. It is done at a moderate pace (easy breathing and no muscle pain), either alone or in a group.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LONG INTENSE EFFORT SESSION</td>
<td>The aim of this session is to get you ready for the long, sustained effort required to climb the mountain passes in L’Étape du Tour. These exercises involve some muscle pain and should be done at an intensity that still allows you to maintain a conversation. Recovery time between repetitions is the same as the exercise time.</td>
</tr>
<tr>
<td>CLIMBING SESSION</td>
<td>L’Étape du Tour is essentially a mountain stage. You therefore need to be ready to tackle 3 mountain passes and an elevation gain of 4,563 metres. The aim of this session is to get your body used to climbing. It should be ridden at a high pace and result in significant muscle pain.</td>
</tr>
</tbody>
</table>

TIPS:

- Check your bicycle and your equipment
- Be in good shape and well trained.
- Choose clothes adapted to weather conditions that can be taken off easily during intense efforts.
- Pinpoint places with the required difficulties and not too much traffic within 30 minutes of home. Even if you have a particular hill that you know well, variation will make your training less monotonous.
- The use of a cadence sensor is recommended.

Download the MyCoach Vélo by FFC app to fine-tune your preparation

A wide range of topics:
routes, tips and exercises, history and stats, official and customised educational content...

French Cycling Federation licence holders can also use the app to access their digital licence and personal space.

Training plan designed together with the National Technical Direction of the French Cycling Federation

#LEtapeDuTour
3 MONTHS TO IMPROVE YOURSELF:

**M-3: SPEED WORK**

- **WEEKLY TRAINING VOLUME:** 5 to 7 hours
- **BASIC CONDITIONING SESSION:** 3 to 4 hours
- **LONG INTENSE EFFORT SESSION:** 2 to 6 min of cumulative effort

This month aims to improve your reaction speed and coordination. It will help you to ride more efficiently and save your muscles to reduce your effort.

**M-2: STRENGTH WORK**

- **WEEKLY TRAINING VOLUME:** 7 to 12 hours
- **BASIC CONDITIONING SESSION:** 4 to 5 hours
- **LONG INTENSE EFFORT SESSION:** 5 to 15 min of cumulative effort

This month aims to build your muscle strength. This will prove crucial on the steepest sections of the race.

**M-1: POWER WORK**

- **WEEKLY TRAINING VOLUME:** 10 to 15 hours
- **BASIC CONDITIONING SESSION:** 5 to 6 hours
- **LONG INTENSE EFFORT SESSION:** 20 to 30 min of cumulative effort

This month is all about working on combined speed and strength.

**Definitions:**

- **Cadence:** the number of revolutions of the crank per minute. It is given in revolutions per minute (rpm).
- **r:** recovery

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## 3 MONTHS TO GO:
The time has come to start regular and rigorous preparations. The first month gets your body ready for different types of efforts.

<table>
<thead>
<tr>
<th>WEEK 1</th>
<th>WEEK 2</th>
<th>WEEK 3</th>
<th>WEEK 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>3h</td>
<td>3h</td>
<td>3h30</td>
<td>4h</td>
</tr>
<tr>
<td><strong>BASIC CONDITIONING SESSION</strong></td>
<td><strong>LONG INTENSE EFFORT SESSION</strong></td>
<td><strong>CLIMBING SESSION</strong></td>
<td><strong>CLIMBING SESSION</strong></td>
</tr>
</tbody>
</table>
| 1h to 1h30 30min warm-up 2 x 2min at a sustained pace \( r = 2min \)
Cool-down 30min | 1h30 to 2h 30min warm-up 3 x 2min at a sustained pace \( r = 2min \)
Cool-down30 min | 1h to 1h30 3 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm | 1h30 to 2h 4 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm |
| 1h to 1h30 3 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm | 1h30 to 2h 4 x 2min at a sustained pace \( r = 2min \)
Cool-down 30min | 1h to 1h30 4 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm | 1h30 to 2h 5 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm |
| 1h30 to 2h 30min warm-up 3 x 2min at a sustained pace \( r = 3min \)
Cool-down 30min | 1h30 to 2h 4 x 2min at a sustained pace \( r = 3min \)
Cool-down 30min | 1h to 1h30 3 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm | 1h30 to 2h 2 x 3 hills over 1km long (duration of effort 4min approx.)
Sustained pace
Cadence 90/100 rpm |

### TIPS

- **BASIC CONDITIONING SESSION**
  - Remember to eat and drink enough as you ride.
  - Use these sessions to test different approaches and get things right.

- **LONG INTENSE EFFORT SESSION**
  - Start at a moderate pace that you can increase as you ride.
  - Keep it regular throughout the entire exercise.
  - Adopt active recovery (with gentle pedalling) between efforts.

- **CLIMBING SESSION**
  - Focus on cadence.
  - Use the descents to practise your technique.
2 MONTHS TO GO:

The volume and intensity of training sessions continue to increase. The middle of the month gives you an opportunity to slow down a little before launching the last phase of preparation. You need this recovery week to assimilate the workload of the previous 6 weeks and prevent fatigue in the next 6 weeks. Sticking to the recovery phase is crucial for you to keep progressing in the build-up to the event.

<table>
<thead>
<tr>
<th>WEEK 5</th>
<th>WEEK 6</th>
<th>WEEK 7</th>
<th>WEEK 8</th>
<th>WEEK 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASIC CONDITIONING SESSION</strong></td>
<td><strong>4h</strong></td>
<td><strong>4h30</strong></td>
<td><strong>2h30</strong></td>
<td><strong>4h30</strong></td>
</tr>
<tr>
<td><strong>LONG INTENSE EFFORT SESSION</strong></td>
<td><strong>1h30 to 2h</strong></td>
<td><strong>2h to 2h30</strong></td>
<td><strong>Rest</strong></td>
<td><strong>1h30 to 2h</strong></td>
</tr>
<tr>
<td>30min warm-up</td>
<td>30min warm-up</td>
<td>30min warm-up</td>
<td></td>
<td>30min warm-up</td>
</tr>
<tr>
<td><strong>r = 4min</strong></td>
<td><strong>r = 4min</strong></td>
<td><strong>r = 4min</strong></td>
<td></td>
<td><strong>r = 8 / 6 / 4min</strong></td>
</tr>
<tr>
<td>Cool-down 30min</td>
<td>Cool-down 30min</td>
<td></td>
<td></td>
<td>Cool-down 30min</td>
</tr>
<tr>
<td><strong>CLIMBING SESSION</strong></td>
<td><strong>1h30</strong></td>
<td><strong>2h</strong></td>
<td><strong>2h30</strong></td>
<td><strong>2h30 to 3h</strong></td>
</tr>
<tr>
<td>3 hills over 1km long</td>
<td>4 hills over 1km long</td>
<td>2 x 3 hills over 1km long</td>
<td>3 x 3 hills over 1km long</td>
<td></td>
</tr>
<tr>
<td>(duration of effort 4min approx.)</td>
<td>(duration of effort 4min approx.)</td>
<td>(duration of effort 4min approx.)</td>
<td>(duration of effort 4min approx.)</td>
<td></td>
</tr>
<tr>
<td>Sustained pace</td>
<td>Sustained pace</td>
<td>Sustained pace</td>
<td>Sustained pace</td>
<td></td>
</tr>
<tr>
<td>Cadence 60 rpm</td>
<td>Cadence 60 rpm</td>
<td>Cadence 60 rpm</td>
<td>Cadence 60 rpm</td>
<td></td>
</tr>
</tbody>
</table>

TIPS:

- **BASIC CONDITIONING SESSION**
  - Riding in a group makes long sessions more fun.

- **LONG INTENSE EFFORT SESSION**
  - These sessions are often tough, but they help you progress and do better when the big day comes.

- **CLIMBING SESSION**
  - Avoid excessively steep gradients.
  - Between each hill, switch to a high cadence to help recovery and prepare for changes in pace.
**1 MONTH TO GO:**

Training volume is slightly reduced while intensity is increased. These are the most demanding weeks. Make sure to optimise your recovery with proper nutrition and enough sleep.

<table>
<thead>
<tr>
<th>WEEK 10</th>
<th>WEEK 11</th>
<th>WEEK 12</th>
<th>WEEK 13</th>
<th>WEEK 14</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BASIC CONDITIONING SESSION</strong></td>
<td>5 to 6 hours</td>
<td>5h to 5h30</td>
<td>4h</td>
<td>4h</td>
</tr>
<tr>
<td><strong>LONG INTENSE EFFORT SESSION</strong></td>
<td>2h30 - 3h 30min warm-up 6 / 8 / 6min at a sustained pace ( r = 6 / 8 / 6 ) min Cool-down 30min</td>
<td>2h - 2h30 30min warm-up, 8 / 10 / 8min at a sustained pace ( r = 8 / 10 / 8 ) min Cool-down 30min</td>
<td>2h 30min warm-up 3 x 10min at a sustained pace ( r = 10 ) min Cool-down 30min</td>
<td>2h 30min warm-up 3 x 10min at a sustained pace ( r = 10 ) min Cool-down 30min</td>
</tr>
<tr>
<td><strong>CLIMBING SESSION</strong></td>
<td>2h30 3 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace</td>
<td>3h 3 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace</td>
<td>2h 2 x 5 hills over 1km long (duration of effort 4min approx.) Sustained pace</td>
<td>2h 2 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace</td>
</tr>
</tbody>
</table>

**TIPS**

- **BASIC CONDITIONING SESSION**
  - Keep up the intensity of the effort until the end of the ride.

- **LONG INTENSE EFFORT SESSION**
  - Avoid training for longer than recommended.
  - Try out the gear you will be using in L’Étape du Tour.

- **CLIMBING SESSION**
  - Alternate between staying seated and standing on the peddles.
  - Increase the time spent standing every week.