

The key to success

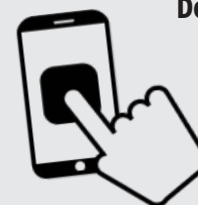
Get ready! This practical guide contains a training plan consisting of a 14-week build-up divided into 3 periods: focusing on speed in the first month, strength in the second and power in the third. Each week includes 3 sessions: one for basic conditioning, one for long intense efforts and one for climbing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

BASIC CONDITIONING	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.
LONG INTENSE EFFORT SESSION	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.
CLIMBING SESSION	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.

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.

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



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3 MONTHS TO IMPROVE YOURSELF :

01

02

03

	M-3: SPEED WORK	M-2: STRENGTH WORK	M-1: POWER WORK
WEEKLY TRAINING VOLUME	5 to 7 hours	7 to 12 hours	10 to 15 hours
BASIC CONDITIONING SESSION	3 to 4 hours	4 to 5 hours	5 to 6 hours
LONG INTENSE EFFORT SESSION	2 to 6min of cumulative effort	5 to 15min of cumulative effort	20 to 30min of cumulative effort
CLIMBING SESSION	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.	This month aims to build your muscle strength. This will prove crucial on the steepest sections of the race.	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

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.

	01 WEEK 1	02 WEEK 2	03 WEEK 3	04 WEEK 4
BASIC CONDITIONING SESSION	3h	3h	3h30	4h
LONG INTENSE EFFORT SESSION	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 = min Cool-down 30 min	1h30 to 2h 30min warm-up 4 x 2min at a sustained pace r = 2min Cool-down 30min	1h30 to 2h 30min warm-up 3 x 3min at a sustained pace r = 3min Cool-down 30min
CLIMBING SESSION	1h to 1h30 3 hills over 1km long (duration of effort 4min approx.) Sustained pace Cadence 90/100 rpm	1h to 1h30 4 hills over 1km long (duration of effort 4min approx.) Sustained pace Cadence 90/100 rpm	1h to 1h30 5 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	<ul style="list-style-type: none"> Remember to eat and drink enough as you ride. Use these sessions to test different approaches and get things right.
LONG INTENSE EFFORT SESSION	<ul style="list-style-type: none"> 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	<ul style="list-style-type: none"> 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.

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

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.

	10	11	12	13	14
	WEEK 10	WEEK 11	WEEK 12	WEEK 13	WEEK 14
BASIC CONDITIONING SESSION	5 to 6 hours	5h to 5h30	4h	4h	1h30 to 2h Once or twice a week at a moderate pace
LONG INTENSE EFFORT SESSION	2h30 - 3h 30min warm-up 6 / 8 / 6min at a sustained pace r = 6 / 8 / 6min Cool-down 30min	2h - 2h30 30min warm-up, 8 / 10 / 8min at a sustained pace r = 8 / 10 / 8min Cool-down 30min	2h 30min warm-up 3 x 10min at a sustained pace r = 10min Cool-down 30min	2h 30min warm-up 3 x 10min at a sustained pace r = 10min Cool-down 30min	Rest
CLIMBING SESSION	2h30 3 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace	3h 3 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace	2h 2 x 5 hills over 1km long (duration of effort 4min approx.) Sustained pace	2h 2 x 4 hills over 1km long (duration of effort 4min approx.) Sustained pace	Rest

TIPS

BASIC CONDITIONING SESSION	<ul style="list-style-type: none"> Keep up the intensity of the effort until the end of the ride.
LONG INTENSE EFFORT SESSION	<ul style="list-style-type: none"> Avoid training for longer than recommended. Try out the gear you will be using in L'Étape du Tour.
CLIMBING SESSION	<ul style="list-style-type: none"> Alternate between staying seated and standing on the pedals. Increase the time spent standing every week.