



Training advices #2

Spring has almost sprung and the Alps Epic is drawing ever more near. It's time to get back on the bike, albeit gradually. Between family and work commitments, finding the time and the motivation can be tricky. That said, the objective here is such a beautiful one that it wouldn't do to miss this stage of your preparation.

After your first block of base preparation, you'll be feeling in good general shape. Now we have to familiarise ourselves with bike handling and the routine of solid outings on the bike. To begin with, avoid doing back-to-back long rides. Think more along the lines of 2h rides at a decent pace to help you get back in the swing of things after winter. Two to three such rides a week will be enough. You might be tempted to do more, but don't or you'll just feel burnt out through the next phases of your training.

Once you're back on form, bike-wise (this might take just 3-4 rides or 6-7, see how you feel) it'll be time to attack some more specific base work on the bike and start to get used to efforts like you'll find in the Alps Epic. For an event like this, you'll need to keep some strength in reserve and it's always better to be over prepared than under prepared when dealing with stage races. The goal is still to keep rides to 2-3 hours with a varied pace, rather than longer outings. The essential is to keep your ride volume going and to keep those legs turning. Your cardiovascular system will keep getting stronger. With 3 sessions a week, depending on your other commitments, you can start extending the duration and the intensity of your rides. This base period will last about 3 weeks, with the following exercises to be integrated into your rides:

1 st session of the week	2 nd session of the week	3 rd session of the week
2 to 3h of ride, working with velocity 2 times 10 sprints of 15'' over easy gear ratio	2 to 3h of ride, working with power 4 times 5' pedaling force on a false flat portion amount.	A longer ride to accumulate time spend on saddle. This session will also take place on more technical trails



IN HAUTES
ALPES / FRANCE

YOUR EPIC EXPERIENCE.

03/09 JUILLET 2016 - 03/09TH JULY 2016

www.alpsepic.com



The third ride of the week should be above all fun - good technical riding to help prepare you for the single track of the Alps Epic. For these rides try to head out with friends - they'll be there to keep you motivated when your morale is suffering! It's not the easiest part of the training because you won't yet be used to the volume of riding but don't give up now!

It is also a good idea to keep some higher intensity intervals integrated into

your sessions, (as with the last training advice, e.g. 30 second efforts) with the goal still being to prepare you for pace and gradient changes during the event.

In order to really optimise this period of getting back on your bike, it's also important to adopt a healthy lifestyle. This means a healthy diet, favouring fruit, vegetables and avoiding too much rich food and, dare we say it, alcohol. And it's not just your diet that counts - early to bed with a regular daily sleep routine will really pay dividends. We'll cover this in more detail later on.

So don't wait. Dust off the mountain bike, get it serviced and head to the hills with one idea in mind - finishing the Alps Epic!

Guillaume
Alps Epic Racers Relation



IN HAUTES
ALPES / FRANCE

YOUR EPIC EXPERIENCE.

03/09 JUILLET 2016 - 03/09TH JULY 2016

www.alpsepic.com