



Training Advices #4

The Alps Epic is closer than ever. Less than a month before the start. The final preparations are under way and your training for this beautiful challenge enters its final phase. More than ever, now is the time to stick to your goals, with the final objective in sight.

After the height gain and riding time blocks that you have linked together, it is important to keep up your consecutive efforts right up until 2 weeks before the event. Given the fact that during the Alps Epic you will be climbing a minimum of 2000m each day in the mountains, it is important that your body is used to these kinds of efforts. As such, we will focus on recovery during the middle of the week with the bulk of your hours completed over the weekends. And don't forget your recovery and rest - essential phases of your preparation. Shown below is a template training plan for these two weeks ahead :

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rest	At least 30km MTB ride on technical terrain at a steady pace.	Rest	At least 30km MTB ride on technical terrain at 80% intensity.	Rest	At least 50km MTB ride with over 2000m climbing. Choose a route with gradual climbs and technical descents. Ride at a steady pace.	At least 50km MTB ride with over 2000m climbing. Choose a route with gradual climbs and technical descents. Ride the 2 nd half of the ride at 80%.





The consecutive efforts on Saturday-Sunday mirror those you will find on the Alps Epic. Rest days can be swapped out for short (sub 1hr) recovery rides. That said, don't ride every day - we want to keep you fresh for those weekend efforts.

After these 2 weeks, the following fortnight immediately preceding the Alps Epic will be much less intense. The goal here is to recharge your batteries as much as possible before the Alps Epic. Recovery is very important here, including a healthy lifestyle and good habits, as we talked about last time. The rides that you do during these final 2 weeks will be low intensity, turning your legs over without forcing the pedals to keep your body familiar with spending time on the bike. I'd advise a maximum of 3 rides during the first week of this final block and just 1 or 2 super-easy rides in the final week before the race. There's no point undoing all the good work you've done just before the big day.

Now it's time to turn your thoughts to the race itself. A whole week where your only obligations are to ride your bike and to soak in the amazing views. Here are some tips to manage your race week. Firstly, you must train into yourself a mental certainty that you will complete the event. Managing your effort through the week will be essential. Psychological strength will be very important and will pull you through the tougher moments. Don't crack at the first hard test - lift your chin and focus on the overall goal of finishing. After each stage, don't forget to focus on recovery. Go through some stretches, maybe grab a massage (from our massage team), a good meal (those prepared by the race team are perfectly adapted to your nutritional needs) and finally a good nights sleep in preparation for the next day. In the morning remember a good breakfast to set you up for the day. Get up early enough to have time to get ready without stressing yourself. During the stages themselves remember to stay on top of your hydration and nutrition at all times - it's pretty easy to bonk during an event like this.

With all these steps, you're ready to finish the Alps Epic and share a truly beautiful mountain biking experience. A week of racing that will leave you with memories to last a lifetime !

Happy training!

Guillaume
Alps Epic Racers Relation



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

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