

FRAMEWORK TRAINING PLAN FOR TOUR DU MONT BLANC

FIG. 1: TRAINING FOCUS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Training Focus	Rationale	
				1	2	3	4	5			
Jan	2	Preparation	P1						<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance: progressing to 6h rides in Z1/Z2 Anaerobic threshold: multiple 10'-30' efforts in Z3/Z4 Technical limiters: e.g. descending, cornering, etc. Test different equipment and nutrition options <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Strength and conditioning: 2/week Flexibility and stretching: 20 mins 2-3/week Complement occasionally with other sports: running, swimming, etc. 	<p>ON THE BIKE</p> <ol style="list-style-type: none"> Aerobic endurance is by far the most important quality you need to build. Good endurance at threshold will help on the steeper inclines. This is the best time to build technical skills. Poor choices for equipment and nutrition can lead to disaster on the day. <p>OFF THE BIKE</p> <ol style="list-style-type: none"> Gym exercises to improve upper body, core strength and leg strength will make you a stronger cyclist. Maintaining flexibility is essential to pedal efficiently and avoid injury. Doing the occasional run or swim uses your muscles differently, combats boredom and contributes to overall fitness. 	
	3										
	4										
Feb	5										
	6										
	7										
March	8			P2							
	9										
	10										
April	11			P3							
	12										
	13										
May	14	Pre-competition	PC1								
	15										
	16										
June	17			PC2							
	18										
	19										
July	20				PC3						
	21										
	22										
Aug	23		Competition	C1							
	24										
	25										
	26										
	27										
	28										

* Your training volume can be counted in hours or in Training Stress Score (TSS) points. In this chart 5 represents the maximum (which might be 15-20 hrs) and 1 represents the minimum (which might be 4-5 hrs)

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FIG. 2: SUGGESTED WORKOUTS

Month	Week	Macro cycle	Meso cycle	Training load (volume)*					Typical training week. <i>The workouts are in order of priority: do the first ones first.</i>		
				1	2	3	4	5			
Jan	2	Preparation	P1						<p>HIGH VOLUME WEEKS</p> <ol style="list-style-type: none"> Low intensity long ride, starting at 2-3hrs and progressing to 5-7hrs, including climbs Second low intensity ride 2-3 hrs, progressing to 4-5hrs (with focus on technical limiters) Threshold interval session e.g. 4 x 10'Z4 or 3 x 15'Z4 or 2 x 20'Z4. Do this on climbs during a 2-4hr ride. Third low intensity ride 2-3 hrs Recovery ride 1hr <p>RECOVERY WEEKS</p> <ol style="list-style-type: none"> Low intensity ride, starting at 1-2hrs and progressing to 2-3hrs Second low intensity ride, 1-2 hrs Third low intensity ride, 1-2 hrs <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> Gym session to develop upper body, core strength and leg strength Stretching (e.g. Pilates or Yoga) Second gym session. Second stretching session 		
	3										
	4										
Feb	5										
	6										
	7										
March	8			P2							
	9										
	10										
April	11			P3							
	12										
	13										
May	14	Pre-competition	PC1						<p>HIGH VOLUME WEEKS</p> <ol style="list-style-type: none"> Low intensity long ride, 5-6hrs, progressing to 10hrs in one ride by mid-June, as much climbing as poss. Second low intensity long ride, 3-4hrs, progressing to 7-8hrs, including climbs Recovery ride 1-2hrs (flat) Recovery ride 1-2hrs (flat) <p>RECOVERY WEEKS</p> <p>As per Preparation phase</p> <p>STRENGTH & CONDITIONING</p> <ol style="list-style-type: none"> Gym session to maintain upper body, core strength and leg strength Stretching (e.g. Pilates or Yoga) Second stretching session <p>GENERAL</p> <ol style="list-style-type: none"> Maximise your sleep time and quality Ensure high-quality nutrition Keep travel and stress to a minimum 		
	15										
	16										
June	17				PC2						
	18										
	19										
July	20			PC3							
	21										
	22										
August	23		Competition	C1							<p>Two-week progressive taper in which you reduce the volume by 50%. Plan to arrive in Les Saisies 2-3 days in advance.</p>
	24										
	25										

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TRAINING ZONES

Based on Rate of Perceived Exertion (RPE)

Zone	Level	TTE	RPE (1-10)
1	Active Recovery	-	<2
2	Endurance	4-6h	2-3
3	Tempo	2-3h	4-5
4	Lactate Threshold	45'-60'	6-7
5	VO2 max	3'-8'	7-8
6	Anaerobic Capacity	30"-3'	>8
7	Sprint power	<30"	Max

RPE is a purely subjective, but surprisingly accurate measure of intensity, where 1 is extremely light and 10 is the maximum.

The Time-To-Exhaustion (TTE) column refers to the amount of continuous time one can keep exercising in the same zone.

Based on Maximum Heart Rate (HRmax)

Zone	Level	LTHR %min	LTHR %max
1	Active Recovery	60%	72%
2	Endurance	72%	82%
3	Tempo	83%	87%
4	Lactate Threshold	88%	92%
5	VO2 max	93%	100%
6	Anaerobic Capacity	-	-
7	Sprint power	-	-

Your HRmax is simply your maximum heart rate.

You can determine your HRmax by a ramp test: increase your power by two minute increments until you are forced to stop. You should reach your HRmax in the last two minutes.

Based on Functional Threshold Power (FTP)

Zone	Level	FTP %min	FTP %max
1	Active Recovery	0%	55%
2	Endurance	56%	75%
3	Tempo	76%	90%
4	Lactate Threshold	91%	105%
5	VO2 max	106%	120%
6	Anaerobic Capacity	121%	150%
7	Sprint power	151%	-

Your FTP is the highest average power output you can sustain at the lactate threshold.

You can determine your FTP by riding as hard as possible for 45-60 minutes and taking the average power for the entire period.

N.B. Low Intensity Training (LIT) is defined as training below the aerobic threshold (AeT: LT1 or VT1). There is significant variation between individual athletes so ideally you should determine this in a lab. If - understandably - you don't want to go to the expense and trouble of a lab test, a good rule of thumb is to take 65% of your HRmax. It is thus *below* the upper limit for Z1 mentioned above. Riding below Aet *feels* slow, and so it should! You are getting the same aerobic adaptations as if you rode a little faster, but without the fatigue.

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