



Coach James  
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# Level 3 Training Guide “Medio”



Cycling coach James McArdle has trained recreational and pro riders and his techniques can be applied to anyone who wants to prepare or improve their fitness for a tour of a lifetime with Italy Bike Tours.\*

## 5 Key things to remember

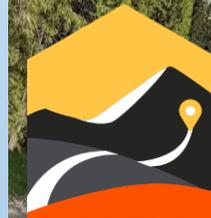
Stretch - Hydrate - Nutrition - Cool down - Recovery

**Step 1:** If your riding a level 3 tour your riding it for the climbs or just the challenge to say “Yeah I’ve ridden that”. So you know what your body is capable off and it’s current limits.

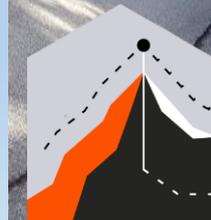
**Step 2:** You can’t forget how important strength and stretching is. I find many riders forget to have a stretch before jumping on the bike for a long ride and it can come back to bite you. Always go back to what you use to do when you first started. The basic’s will always still apply no matter your level of fitness

**Step 3:** These tours start to test your day on day riding ability. If your not use to backing up big days either in klms or vertical metres, this is when you need to get your body ready for it. Level 3 tours can have consecutive days of 1000vm and they do add up after day 3. So be prepared to feel it. I can’t recommend it enough that at this level you should **SERIOUSLY** look at a personalised program that is 100% on the tour your going to be doing. And allow a 3 month training period to ensure your ready.

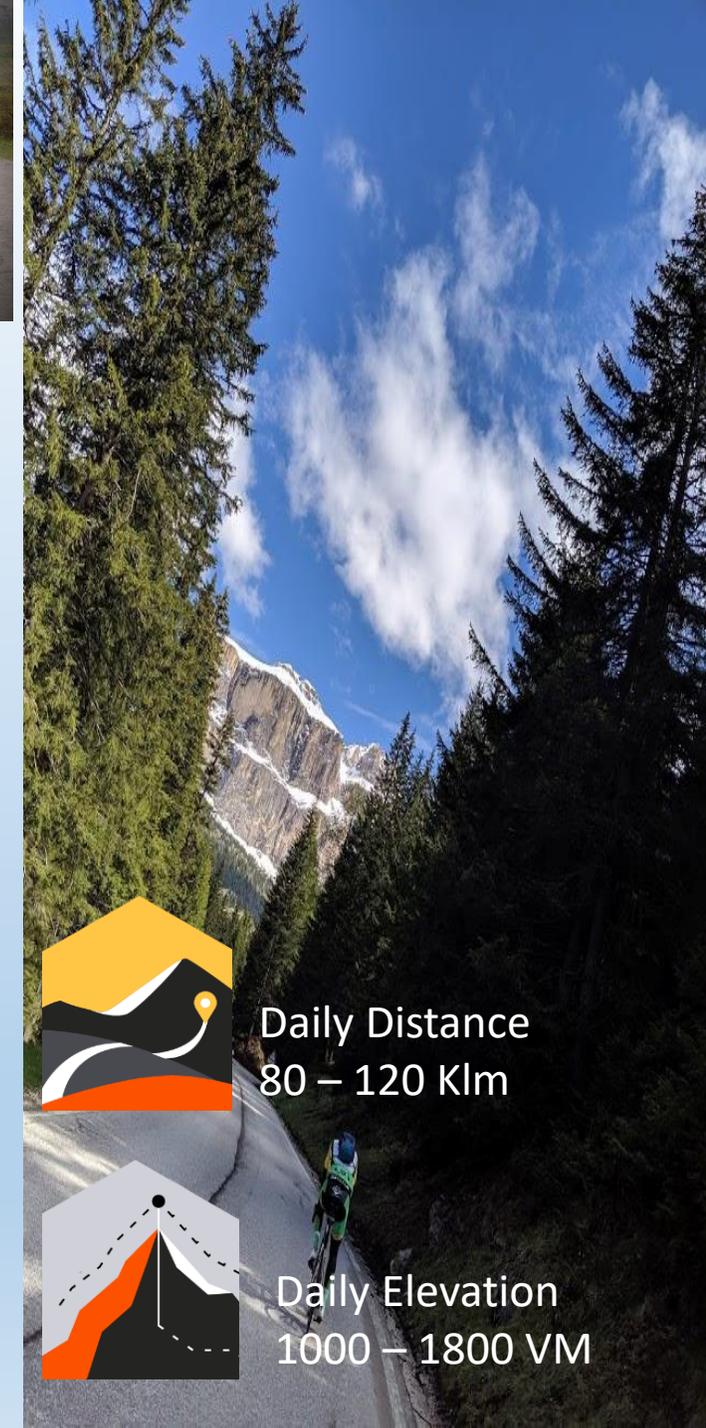
- The training program is only a guide. Consider your own health and abilities when completing any training. Ensure your flexible with your training as well. If you miss a day due to other commitments, don’t panic there’s always tomorrow.
- Full personalized programs will consist of a lot more detail specifically for you and the tour your going on. The program can be based on Power / Watts, Heart rate or Perceived effort.



Daily Distance  
80 – 120 Klm



Daily Elevation  
1000 – 1800 VM





Level 3 Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Easy pedal for 60 minutes. It will feel boring and not feel like your doing anything. Trust me, it is.	Ride a bit harder then Monday for 75 - 90 minutes. You want it to feel around a 8 out of 10 for hardness. Home gym work for strength.	Ride for 60 - 75 mins at a 7 out of 10. Every 10 min drop down to a grind of 50 rpm for 2 min, then go back to 7 our of 10 and 90-100rpm.	Ride for 75 -90 mins at a 7 out of 10. Every 5 min go up a gear and spin at 110 -115 rpm for 5 min, then go back to 7 our of 10 and 90-100rpm.	Increase resistance. 60 mins at 8 out of 10 at 90-100 rpm. Every 5 min drop into a harder gear for 5 min and aim for 60 rpm. Then back to normal	Aim for 120 – 150 minutes and make sure you include some climbs. Target around 750 – 1000 vertical metres of climbing.	Aim for 180 - 240 minutes and make sure you include some climbs. Target around 1000 – 1500 vertical metres of climbing.
<b>Week 1</b>	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Stretch	Ride	Longer ride and climbing	Longer ride and climbing
<b>Week 2</b>	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Stretch	Ride	Longer ride and climbing	Longer ride and climbing
<b>Week 3</b>	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing increase to 150 – 180 mins and 1250 – 1500 vm	Longer ride increase to 240 - 300 mins and 1750-2250 vm
<b>Week 4</b>	Ride Easy	Ride & Strength	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing increase to 150 – 180 mins and	Longer ride increase to 240 - 300 mins and 1750-2250 vm