



Coach James
McArdle

Level 4 Training Guide

“Experto”



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

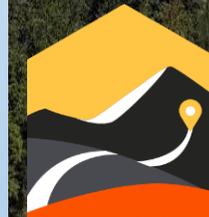
Stretch - Hydrate - Nutrition - Cool down - Recovery

Step 1: Now you guys know what you want and have a great understanding of your own fitness and abilities but there are things we forget to take into consideration. Altitude, distance and temperature. So remember, conditioning your body for change is imperative.

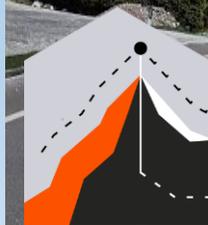
Step 2: You should be riding around 300-400 klms with around 2000-3000 vm to really feel comfortable with your preparation for the tour. This level of tour I **STRONGLY** recommend a personalised program and allow at least a 3 month block to really train to ensure your at your best.

Step 3: Be prepared for the first few days to feel harder then what your use to. If you live at sea level or live at altitude, it will affect you in different ways. The best advise I can give you is, don't under estimate how important fluids and food will be for you. It's so easy to get caught up in the all inspiring views and climbs but you'll quickly come down to earth if you dehydrate or bonk.

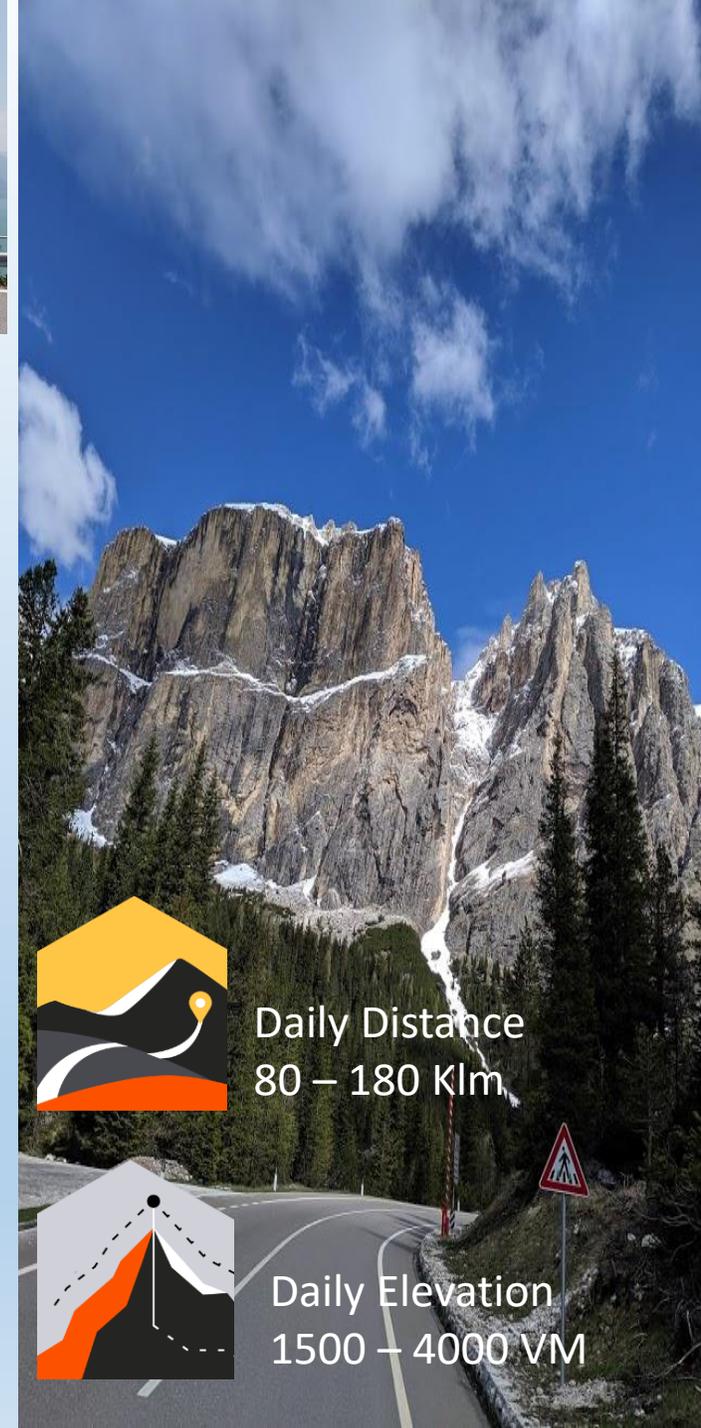
- The training program is only a guide. Consider your own health and abilities when completing any training. Ensure your flexible with your training as well. If you miss a day due to other commitments, don't panic there's always tomorrow.
- Full personalized programs will consist of a lot more detail 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 – 180 Klm



Daily Elevation
1500 – 4000 VM





Level 4 Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Home gym work for strength. 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.	Ride 75 - 90 mins at a 8 out of 10. Every 10 min drop down to a grind at 50 rpm for 5 min, then go back to 8 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. Ride for 75-90 mins at 8 out of 10 at 90-100 rpm. Every 10 min drop into a harder gear for 8 min and aim for 60 rpm. Then back to normal	Aim for 180 - 240 mins and make sure you include some climbs. Target around 1000 - 1250 vm of climbing. Make sure you find some 10% + gradient in there.	Aim for 240 + mins and include some climbs. Target around 1500 – 2500 vm of climbing. Make sure you find some 10% + gradient in there.
Week 1	Strength & Ride Easy	Ride	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing	Longer ride & climbing
Week 2	Strength & Ride Easy	Ride	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing	Longer ride & climbing
Week 3	Strength & Ride Easy	Ride	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing increase to 240 -300 mins and 1500 – 2250 vm	Longer ride increase to 300 + mins and 1750-2500 vm
Week 4	Strength & Ride Easy	Ride	Ride & Stretch	Ride & Stretch	Ride	Longer ride & climbing increase to 240 -300 mins and 1500 – 2250 vm	Longer ride increase to 300 + mins and 1750-2500 vm