

Coach James  
McArdle

# Level 1 Training Guide

## “TRANQUILISMIO”



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.\*

### 3 Key things to remember

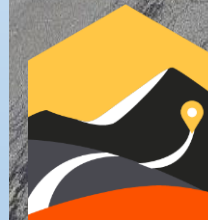
#### Stretch – Hydrate – Cool down

**Step 1:** The smallest of increases in physical activity will make a big difference come tour time. If you haven't been riding much, consider just starting off doing some simple stretches & brisk walking. This will get your body ready to making some changes. Once your body starts to increase it's metabolism, remember to fuel it and keep hydrated.

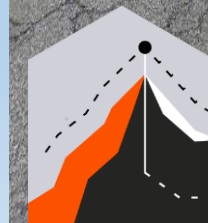
**Step 2:** Look at increasing on what you've currently been doing and look around to see what you can use to improve muscle strength. It's not always necessary to join a gym to get fitter and stronger. Find some stairs and start counting how many flights you can walk before running out of breath and keep trying to improve on that. Stairs are fantastic for improving leg strength. Then look at adding in chin ups, push ups, sit ups and then some planking.

**Step 3:** Now start focusing on some time in the saddle. Your training shouldn't all be about how many miles our hours but it's about what your body is capable and comfortable handling when you start off. Then you progressively build from that base. The majority of Italy Bike Tours level 1 rides are all about enjoying the scenery and the company. So you want to be comfortable and able to chat away when your riding along. To feel **COMFORTABLE** within yourself knowing that you'll be able to complete each day and really enjoy the experience, contact me about a personalised program.

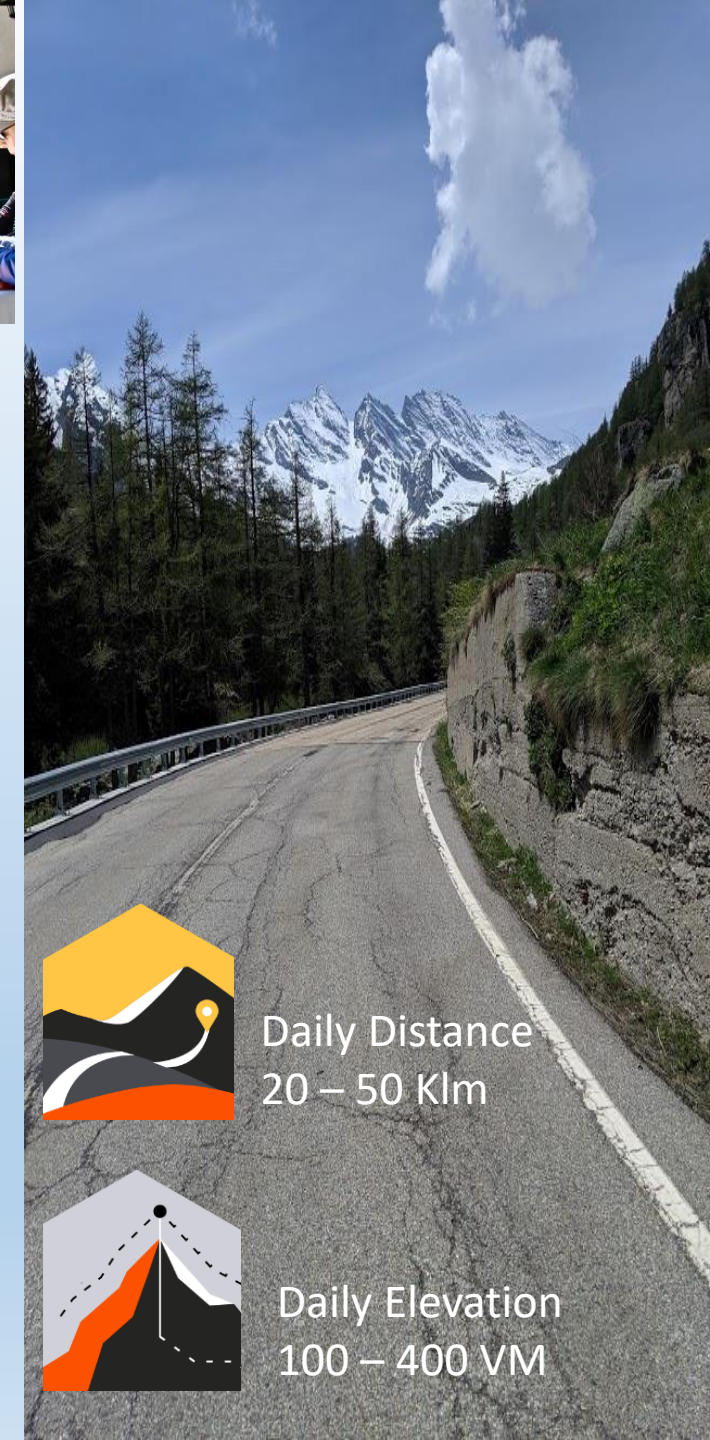
- The training program is only a guide. Consider your own health and abilities when completing any training. Ensure your flexible with your training as well. If you miss a day due to other commitments, don't panic there's always tomorrow.
- Full personalized programs will consist of a lot more detail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



Daily Distance  
20 – 50 Klm



Daily Elevation  
100 – 400 VM







Level 1 Training	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Just rest and refocus for the week ahead	Ride easy for 60 minutes. Work up a sweat but able to chat. Home gym work for strength.	Stretching then into some strength work, finished off with some more stretching.	Stretch & Ride. 75 minutes and push to 90 minutes if you can. Don't forget to stretch when you finish.	It's the end of the week. So feet up and take it a bit easier. All you want to do today is some strength work.	Time to get a longer ride in with some climbing. Work on 90-120 minutes and make sure you include some climbs.	We still want a long ride today but it can be flat and turn it into a café ride. Aim for 120-150 minutes. Enjoy it!
Week 1	Rest	Ride & Strength	Stretch & Strength	Ride & Strength	Strength	Longer ride and climbing	Long Café ride
Week 2	Rest	Ride & Strength	Stretch & Strength	Ride & Strength	Strength	Longer ride and climbing	Long Café ride
Week 3	Rest	Ride & Strength	Stretch & Strength	Ride & Strength	Strength	Longer ride and climbing increase to 150 – 180 minutes	Long Café ride increase to 180 -240 minutes
Week 4	Rest	Ride & Strength	Stretch & Strength	Ride & Strength	Strength	Longer ride and climbing increase to 150 – 180 minutes	Long Café ride increase to 180 - 240 minutes